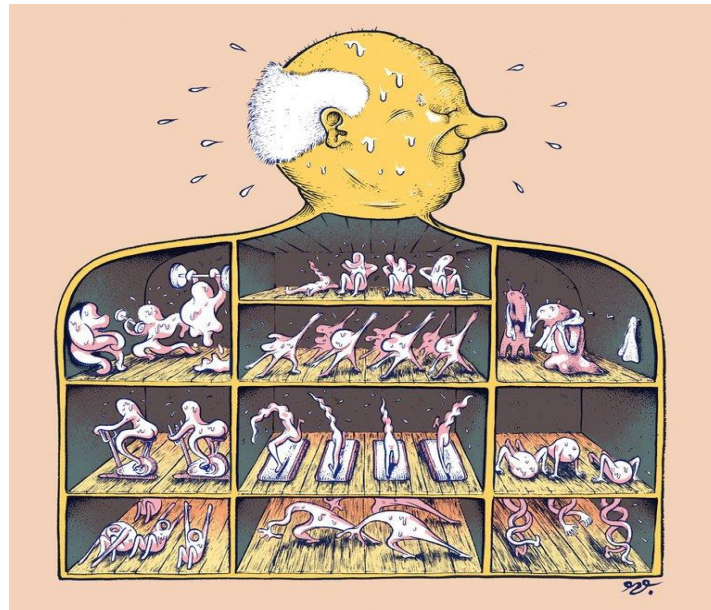


## The Magic Pill Anti-Aging Benefits Of Exercise & Healthy Muscles



"If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.."

Chances are, you have heard many variations of that sentiment. It's not hype. Over 40 studies in the International Journal of Clinical Practice, for example, found that being active can help prevent about 25 conditions. Other research suggests that exercise can cut the risk of colon cancer (60 percent), type 2 diabetes (58 percent), heart disease (40 percent), and Alzheimer's disease (40 percent). Another study, which compared regular exercisers with couch potatoes, concluded that each minute of physical activity added an average of 7 minutes of life span.

Before doctors adopted a single-minded focus on treating and curing diseases, their main goal was to keep people healthy. Even back in 400 B.C., doctors knew that diet and exercise were the best ways to do that. "Eating alone will not keep a man well," Hippocrates famously wrote. "He must also take exercise." For millennia, doctors were the vanguards of physical education--the original PE teachers.

When humans exercise, the researchers find, there are *more than a thousand different cell changes*. Hard to pack that into a pill. Let's not wait for a miracle. Truth is, you already have one. **It's your body..**

In this article we will take a close look at aging muscles and what you can do about stopping muscle loss as you grow older. It's never too late to start working out, and taking control of your life. You can see dramatic benefits from exercising in older adults. These benefits include prevention of osteoporosis and muscle loss, as well as improved blood pressure and blood-glucose levels.

Many people think that the effects of aging are inevitable. Belly fat, muscle loss, saggy skin, and weaker bones are accepted as an unfortunate part of getting older. Disease and physical pain are considered par for the course.

## **The Power Of Exercise:**

In fact, the proper strength training program can prevent the physical and mental deterioration of aging, keeping your heart in top shape, your muscles defined, your body lean, and your brain sharp. Not only can exercise strengthen your heart, muscles, lungs, and skeleton, but it is by far the best total body anti-aging tool available. Better than prescription drugs, plastic surgery, exercise has the capacity to target tissues (muscle, ligaments, skin), brain cells, DNA, and genes, to keep you looking young and feeling energized for years to come..

Muscle and strength follow the principle of "use it or lose it." In fact, scientists think that, "sarcopenia," which is the age-related decline in strength and muscle mass is due to disuse of the neuromuscular system, not to aging.

By starting a strength exercise program, you can maintain your muscle and strength throughout your life. Even if you adopt a training program in your later years, it's possible to regain previously lost muscle and ward off the negative effects of years of inactivity.

The fact is, muscle strength equals longevity. Studies repeatedly show a close association between how strong you are and how long you will live. One study found that there was a close association between the degree of strength in the quadriceps and risk of mortality. Scientists gathered a population of elderly men and women and found that those with the strongest legs had the lowest risk of dying over a 6-year period. Conversely, those with the weakest legs had the highest mortality risk.

One of the strongest predictors of longevity is how much muscle you have. Not only is muscle mass in the lower body linked with having

less belly fat (the dangerous kind that is inflammatory and raises risk of heart disease), but it is also associated with the ability to survive cancer and other diseases. For instance, in a new study, patients with kidney disease (who suffer from nutritional problems that can impede the maintenance of muscle mass), there was a consistent association between quantity of muscle mass in the quadriceps and risk of death over a 4-year period.

There are several reasons that muscle has a protective effect against aging. Muscle tissue is a major metabolic organ. It is a major consumer of glucose (blood sugar), so lack of muscle means the body won't cope well with the surge of glucose into the blood after high-carbohydrate meals.

Over time, poor glucose tolerance is associated with inflammation, insulin resistance, and diabetes. Muscle is also the storage site for amino acids—the building blocks of protein. If you have low muscle mass, when you become ill, you will have fewer reserves to call upon. Thus as we grow older we become increasingly inactive, muscle tissue is degraded and lost, triggering a cascade of harmful metabolic changes: Our cells become less sensitive to the hormone insulin and the body ends up spending more time in fat storage mode.

Our body is not able to use fatty acids as effectively. This leads to inflammation and the development of atherosclerosis, or plaque deposition and hardening of the arteries. Fat gain occurs because the loss of muscle and inactivity lead your metabolism to drop so that your body burns fewer calories daily. The result is an energy imbalance (you're eating more calories than you're expending), so that you gain body fat.

Exercise counteracts the age-related decrease in metabolism because active muscle is "thirsty" for calories in the form of glucose. In addition, muscle contractions automatically sensitize the muscle tissue to insulin. Fat burning increases and the body uses fatty acids for energy.

Growth hormone, which is released in metabolically stressful situations such as during strength or interval training, enhances the fat burning effect, while improving muscle mass. Finally, you get an after-burn effect whereby the body will increase the amount of calories it burns in the 24-hour recovery period post-workout as it restores your homeostasis in cells and tissues throughout the body.

## **Better Cognition & Reduced Risk of Dementia**

People rarely think of the brain as a target for improvement with physical activity. But emerging research links exercise to less depression, better memory, and quicker learning. For example, in one study, participants who performed a sprint interval workout improved their recall of new vocabulary by 20 percent compared to a control group that did no exercise. Researchers think intense exercise can reduce memory loss by raising the adrenaline hormones that stimulate the brain, while also boosting function of neurotransmitters like dopamine.

Exercise can also reduce the risk of brain disorders such as Alzheimer's, which is characterized by the deposition of proteins in the brain—similar to plaque that builds up in the arteries and leads to heart disease. Cognitive decline occurs over many years as the structure and function of the brain deteriorate leading to the gradual loss of memory.

Studies show that in people who have a genetic predisposition to develop Alzheimer's, exercise has a protective effect, allowing for better metabolism of fat and glucose in the brain, reducing the deposition of harmful plaque buildup.

## **Exercise and Bone Density**

After age 35, there is a decline in bone mass of about 1 percent a year. Women going through menopause lose the most bone, however, men are also at risk of bone loss and osteoporosis, a condition that is linked with a huge increase in fracture risk.

Most doctors try to prevent bone loss in aging patients with calcium supplements or prescription drugs. Instead, they should prescribe a resistance training program because studies show that overloading the bone with strenuous loads is the best way to build bone in young and old people.

Although any weight bearing exercise such as running or stair climbing will help slow bone loss (cycling and swimming are no good because they reduce the mechanical loading on the skeleton), to stimulate a bone building effect, you need to be loading the hip and spine with weights you are unaccustomed to. For example, squats and overhead presses are two of the best exercises for building bone.

One study of elderly women who did a moderate intensity strength training program found that they gained 1 percent of bone density compared to a control group that lost 2 percent of bone strength. This is a great start, however a case study found that two women who competed in power-lifting for over 20 years (lifting near maximal loads) had stronger bones than women who were 25 years younger and at the peak of bone mineral density.

### **Less Stress = A Better Mental Look Out On Life**

One of the most interesting anti-aging effects of exercise is how it influences hormone balance, stress response, and mood. Depression is a common aspect of aging due to decrease in brain transmitters like serotonin and dopamine that help us feel upbeat and motivated. Aging is also typified by an increase in the stress hormone cortisol and drop in key hormones such as testosterone and estrogen that impact mood, body composition, and sex drive.

Surprisingly, a sedentary lifestyle exacerbates the release of stress hormones that we experience with aging. You might not think that sitting on the couch would be stressful, but the body is not supposed to be inactive and it responds with an excessive cortisol response.

Studies show that starting a strength training or interval program will stimulate the neuromuscular system and reset the hypothalamic-pituitary axis that regulates the release of cortisol, testosterone, and estrogen. The effect is better fat burning, improved muscle mass, increased cognitive function, greater energy levels, and a better ability to handle the challenging parts of life that trip us up.

Physical activity plays a vital role in reducing the effect of aging on most components of the musculoskeletal system. Research with master athletes demonstrate that muscle mass, muscular strength, and muscular power, are maintained to a greater extent than sedentary counterparts. Several training studies also demonstrate that previously sedentary older adults may increase muscle mass, strength, power, and endurance with strength and aerobic endurance training.

The fact is muscle keeps us strong and mobile. It's where most of our calories are burned, so having more muscle means burning more calories, which makes it easier to stay trim and lean. Starting in their late 30s or early 40s, most people lose about a **quarter pound** of muscle every year.

The one sure-fire way to slow down muscle loss and build more muscle is to consistently strength train with weights/resistance bands/kettle-bells and-or anything that fatigues the muscle thru repetitive motion.

## **Let's closer look a fitness and aging..**

### **How long is the human life span?**

The general consensus is that the maximum human life span is about 120 years. In the United States, the current average life span is seventy-eight (for women, eighty years, and for men, seventy-five years). In the United States, despite the fact that the average spending (per person) on health care is grossly higher than any other developed nation, the American life span is a year or two shorter than in other developed countries. This is thought to be largely related to lifestyle issues.

### **Will my muscle mass decline with age?**

Unfortunately muscle mass will decline with age. They decline after hitting a peak in your twenties.

If you don't exercise your muscles regularly, they will start to atrophy on an ongoing basis throughout your life after you have hit your peak.

This loss of muscle is what accounts for a slower metabolism as we age, and it is this reduction in metabolism that often results in a slow, gradual weight gain over the years.

The good news, though, is that this does not need to happen, at least not to a large extent. Sure, you will have some reduction in muscle over your lifetime, but if you exercise your muscles regularly, you will keep them strong. If you use your muscles, you are telling your body that they are still important to you, so they should be preserved. The most important muscles to preserve in aging are your core muscles (i.e., your chest, abdomen, back, shoulders, and thigh muscles).

For one thing, they are your largest muscles and will help you maintain a higher metabolism, but, more important, strong core muscles help people retain their balance and mobility. In the later years, this is one of the biggest determinants in deciding who is able to remain independent at home and who needs to be in an assisted living environment.

## **Will I lose flexibility as I age?**

Yes, unfortunately older adults will gradually lose flexibility with age. Aging affects the joints predominantly due to structural changes occurring within the joint complex. Structural changes and a weakening of joints with age include micro-tear, calcification, and an increase in cross-linking within joint collagen. In fact, the shortening of tendons and ligaments reduces joint range of motion by as much as 25%, while cross-linking leads to stiffness. Following a systematic and progressive flexibility and strength training program, flexibility loss can be delayed.

## **How does exercise affect mobility in older people?**

Men and women age 65 years and older who exercise have a lower risk of losing mobility. One of the fears of aging is being unable to perform simple physical tasks, such as climbing stairs. A four-year study that monitored 6,981 men and women found that increased physical activity fostered a significant improvement in independent mobility.

## **How can I slow aging with exercise?**

Research is showing that exercise -- from mild to rigorous -- affects the aging process in normal brains.

A Canadian study looked at the cognitive function and energy expenditure of a group of volunteers with an average age of almost 75.

Some were sedentary couch potatoes; others did mild activities such as walking, gardening and cleaning; a smaller number did more exercise.

The mildly active group did almost as well on cognitive function tests over two to five years, while the sedentary volunteers scored significantly worse over the years. Those who expended the most energy in physical activity showed virtually no decline in their memory or ability to think.

Another study published in the same journal found that women in their 70s with vascular disease, or at risk for it, had less cognitive decline over the years when they did mild exercise such as walking. The memory and thinking ability among the sedentary women declined more rapidly.

## **How does exercise affect brain function in older people?**

Brain function improved for older women who walked only 1 1/2 hours per week. Cognitive decline as a consequence of aging is getting more attention now that Baby Boomers are entering their golden years. A study of 18,766 women, ages 70 to 81 years, not only revealed that exercise can increase brain power, but it reduces the risk of cognitive decline by 20% in those who exercise. Another study focused on 349 men and women who were age 55 and older. After six years of monitoring, the subjects who were fitter demonstrated less decline in mental acuity.

## **Can a sedentary lifestyle affect me as I age if I exercise regularly?**

Individuals who exercise regularly and maintain a healthy weight can still be at risk if they sit too much over the years, according to research.

People generally believe that if they meet the government suggestion of 150 minutes a week of moderate activity, then they are exempt from the effects of too much sitting. A study showed, however, that for every hour of sedentary behavior, the odds were 46% greater that people older than 60 would have some disability in ordinary skills, including getting around the home and feeding themselves.

## **Is staying mobile a key to aging well?**

Staying mobile will certainly help the older adult age well, but, participation in regular physical activity such as cardio-respiratory training or resistance training 3- 5 days per week is most beneficial.

Participation in regular physical activity will help older adults maintain muscular strength and prevent common chronic diseases, such as diabetes, hypertension, atherosclerosis, and stroke.



The load bearing effects of resistance training has been shown to reduce risk of osteoporosis.

## **As an older adult, how can I get in shape?**

The following are ten tips for older adults to get into good shape and stay there:

- **Limit your effective calories.** This means minimizing your intake of simple sugars and keeping effective calorie counts per day to a level that allows weight loss or maintenance of a desired weight. Intake of foods with trans-fats should also be limited.
- **Exercise in the morning whenever you can.** Early daily exercise increases your metabolism throughout the day, giving you a calorie-burning dividend for that early rise investment!
- **Drink ample amounts of water.** Even mild dehydration causes fatigue and slows metabolism by 3 percent. This means you're burning fewer calories. Especially in older adults, thirst might be misinterpreted as hunger. Consuming fluids often decreases hunger, and it contributes to physical expansion of the stomach, which also helps to quell hunger.
- **Eat some form of protein within 30 minutes of exercising.** Protein is a building block for muscle. This will help to assure that the calories being burned come from fat and not from muscle.
- **Avoid eating after 8 P.M.** A slower metabolism after sleeping can contribute to fat deposition, so avoid the after-dinner snacks later in the evening.
- **Walking and household chores are great exercise.** You don't always have to go to a gym to exercise.
- **You don't need to eat three meals a day.** The total effective calories you eat each day will affect your weight. You can choose to have small meals throughout the day, or satisfy yourself with two meals and a snack. Recommended daily amounts of nutrients are based on averages, and many nutrients store very well.

- **Exercise with good form at a controlled pace after a relaxed warm up.** Any type of jerking motion or traumatic exercising technique increases the likelihood of injury.
- **Following an exercise routine with a friend will increase your chances of staying with your program.** Knowing that someone is counting on you can provide even more motivation to show up. Additionally, socializing with friends also helps promote health and longevity.

### **How can strength training slow the aging process?**

Strength training builds muscle and can stop and reverse the process at any age. In studies of sedentary nursing-home residents between the ages of 80 and 90, a few weeks of weight training have improved strength by 50%. Weight training also increases bone-mineral density and, over time, might reverse osteoporosis. And, adding muscle makes weight loss more realistic because muscle burns more calories than fat. Studies show that if you add 5 lb of muscle, you will burn up to 250 more calories daily.

Weight training also improves posture, which makes you look and feel younger; it reduces stress; improves self image; and makes it easier for you to do all the things life involves, from carrying groceries or cleaning out a closet to playing golf or going dancing.

Effective weight training challenges muscles to a point where some muscle tissue breaks down. Then, during recovery, your body repairs and grows the muscle cells, producing a gain in the total amount of muscle tissue. The recovery time is about 48 hours, so you should schedule strength-training sessions every other day, never on consecutive days. Aim for three workouts each week. Do exercises that work compound muscles and joints.

### **The Magic Pill - The Key to Longevity and a Longer Healthier Life = Healthy Muscle**

Let's take a closer look now at why healthy muscle is so important and why "healthy muscle" is the ***Magic Pill*** for slowing down the aging process.

Healthy muscles is the key to longevity, healthy living, being independent as opposed to being dependent, not being able to take care of yourself, depending on others to feed you, clothe you, take care of your basic needs. Yes, healthy muscles is the key to life itself!

## **Let's take a closer look at muscle and how it impacts your life!**

Did you know you have more than 600 muscles in your body? These muscles help you move, lift things, pump blood through your body, and even help you breathe, basically muscle keeps you body alive! When you think about your muscles, you probably think most about the ones you can control. These are your voluntary muscles, which means you can control their movements. They are also called skeletal muscles, because they attach to your bones and work together with your bones to help you walk, run, pick up things, play an instrument, throw a baseball, kick a soccer ball, push a lawnmower, or ride a bicycle. The muscles of your mouth and throat even help you talk!

Healthy muscles let you move freely and keep your body strong. They help you to enjoy playing sports, dancing, walking the dog, swimming, and other fun activities. And they help you do those other (not so fun) things that you have to do, like making the bed, vacuuming the carpet, or mowing the lawn.

Strong muscles also help to keep your joints in good shape. If the muscles around your knee, for example, get weak, you may be more likely to injure that knee. Strong muscles also help you keep your balance, so you are less likely to slip or fall.

**And remember—the activities and exercise that make your skeletal muscles strong will also help to keep your heart muscle strong!**

## **Muscle Keeps Your Metabolically Balanced**

Muscle has always been recognized for its importance in strength, mobility and physical activity, but did you know that muscle plays a big part in maintaining the metabolism of protein in your body? Your body is composed of proteins that are in a constant state of breakdown and synthesis. their goal is to stay balanced between anabolism (gaining protein) and catabolism (losing protein).

Throughout the day your body routinely goes through periods of both anabolism and catabolism, depending on whether you have just eaten a meal or whether it has been several hours since you have eaten and you are no longer absorbing amino acids.

Thankfully, your organs and tissues maintain the balance between synthesis and breakdown throughout the day as well.. even if you are not consuming dietary protein.

This is a good thing! Just think of the problems we would have if we missed a couple of meals and the skin protein became catabolic and caused us to lose a significant amount of skin. Or what if we lost protein from the liver, heart or kidneys?

The essential tissues and organs maintain a balance between protein synthesis and breakdown in the absence of dietary protein consumption because they can draw from the amino acids circulating in the blood. Even in the absence of food intake and continuous uptake of amino acids from blood for protein synthesis in tissues other than muscle, the blood amino acids concentrations remained constant. How does your body stay balanced? **You can thank your muscles for that!**

## ***Muscles Keep You ALIVE!***

Muscle plays a key role in maintaining the plasma amino acids levels in the absence of absorption of dietary amino acids from digested protein. You can consider muscle to be the reservoir of amino acids for the rest of the body.

It is the only tissue in the body that can afford to lose some of its mass without impairment of health. In the absence of dietary amino acids, there is a net breakdown of muscle protein to supply amino acids to the blood to balance the amount take up by the tissues, in order to maintain health in other tissues and organs. The result is ant loss of skeletal muscle in the absence of dietary protein intake.

## ***In short: Your muscles sacrifice themselves to that you can live!***

That is precisely what muscle atrophy is. Your body is sacrificing its muscles in an effort to get the essential amino acids to your vital organs. If you are not eating a balance of essential amino acids, and the average person is **NOT**... then protein synthesis is not happening at the rate you want or need.

Thankfully, the situation can be reversed if caught in time. Muscle loss can be replaced and the muscle growth and strengthening create can be accelerated by getting a balanced formula of essential amino acids in foods.

As you know muscle loss is a key player in the cycle of obesity and diabetes. Gain muscle, and you improve your metabolic function and reduce your risk of fat gain. (Although it's not a magic bullet, it's also worth mentioning that muscle in the resting state burns more calories than fat, so it does raise your metabolism slightly).

On the other hand, if you lose muscle, your body has a harder time maintaining a healthy weight and a normal degree of insulin sensitivity. And worse still, the cumulative effect of sarcopenia, diabetes, and obesity is far greater than the sum of their individual problems. All three of these conditions magnify each other and keep you trapped in a vicious cycle of poor health.

This all goes double if you're over 60. The elderly, as the population most at risk for muscle loss and fat gain, are especially prone to sarcopenic obesity, and have the most to gain from taking care of their muscles. But it doesn't just affect the retiree crowd: in people who don't regularly exercise, muscle loss starts around age 20. Preventing insulin resistance and weight gain in middle age, and heading off sarcopenic obesity in old age, start in the gym when you're young.

## **Use It Or Lose It**

By now you should have a clear understanding of why it is so important to have healthy muscles, and the only way to make your muscles healthy, is "USE THEM".. for if you don't use them there is no doubt you will "Lose Them" and with that you open yourself up to an array of chronic illnesses, a shorter life-span. Your muscles are going to shrink and you will lose strength if you are not working those muscles.

## **The Secret To Building and Maintaining Muscle For A Aging Population - Essential Amino Acids**

For some of us, trying to exercise, building muscle can be a difficult task, there is no doubt that as we age building and maintaining muscle seems to be a never ending battle. Basically as we grow older, we need help when it comes maintaining and building muscle. Most of us are under the impression that protein is the key to building muscle and to some degree that is correct, but how do we get enough protein in our bodies knowing that we are not getting enough through our regular diet intake.

Amino acids in the body are fundamental building blocks of life as we know it. These chemical compounds made of nitrogen, carbon, oxygen, hydrogen, and a handful of other elements join together to form **protein**, the material that forms the muscles, tendons, and organs in our bodies.

***Simply put, everything is build on or built out of amino acids!***

The function of amino acids includes the following tasks:

- \* building muscle and life-supporting tissues
- \* making the chemicals necessary for the brain and vital organs to function
- \*Playing an important role in many metabolic pathways

Importantly, essential amino acids (EAAs) are the only macronutrients that are absolutely required in our diet. They not only keep us alive, they improve our metabolic function and physical capacity.

Did you know that there are thousands of different proteins in your body, all with specific functions? Not counting water, those proteins compose about two-thirds of the mass of your body.

Regarding these proteins, it is vital to understand this important fact:

***Every protein in your body is in a constant state of breakdown and synthesis..***

Because we are losing protein and cannot make what we need (our body cannot produce the 9 essential amino acids) the only answer is to eat essential amino acids.

You drink water daily to meet your body's daily need for water. Similarly, your body needs amino acids on a daily basis to offset what your body uses, discards, or loses.

By eating sufficient essential amino acids, which is best accomplished through a balanced approach the rate of protein synthesis can match or even exceed the rate of protein breakdown. At that point, you have growth, strength, and restored vitality that tends to a greater quality of life as well as a reduction in risk of disease.

## What Amino Acids Do For Your Body

1. Muscle Development
2. Bone Strength
3. Fat Burning
4. Immune Health
5. Cardiovascular Health

As you know, we must obtain the necessary balance of essential amino acids from food sources or supplements since we do not have the ability to make them. Your body, on the other hand, can make or synthesized the non-essential amino acids.

When it comes to eating the non-essential amino acids, most people usually consume more than they need, However, most people usually do **NOT** get sufficient amounts of essential amino acids, as it is very challenging to eat a diet in abundance and balance of the essential amino acids. The body can cope, or hobble along if you will, but it is not performing at it's peak by any means.

Inevitably, the deficiency will eventually lead to accelerated muscle loss, which is very common with **people 50 and above.**

Every amino acid is a structural component of protein. The principal role of dietary proteins is to provide the amino acids that serve as precursors for the production of new protein, to balance the amount that is lost daily through the process of breakdown.

Many amino acids play additional roles. For example, arginine plays a role in regulating blood flow and blood pressure as a precursor for the production of nitric oxide, which is the primary chemical responsible for dilating blood vessels, particularly in muscle. The essential amino acid **lucine** can activate the molecular pathways involved in the initiation of **protein synthesis.**

Every essential amino acid plays a unique and important role! Amino acids do not work independently of each other...they work together in unison.

**What this means is..**

***Taking the essential amino acids in the correct proportions is just as important as taking the essential amino acids in the first place.***

It is important to know that a supplement containing a high amount of one or several essential amino acids will **NOT** benefit the body. It cannot because the body  **dumps** the excess. Yes, avoiding a deficiency is important, but taking a dietary supplement that creates **EXCESS** of several amino acids causes great harm! The intentional overdose of essential amino acids, puts the body out of balance, damages some of the other essential amino acids during the re-balancing efforts.

The best way to approach optimal amino acid nutrition is with a balanced approach, which includes healthy foods plus the essential amino acids. Together, this brings strength, mobility and a greater quality of life! Whether you're an older adult looking to increase your mobility and enhance your quality of life or a weekend warrior chasing a new personal best, we'd all like to build leaner, stronger muscle mass. Unfortunately, we don't always have the time to eat properly or get the amount of exercise we should.

**We can help you build stronger leaner muscles for more Energy, Vitality, Strength and Mobility.**

*"The most important nutritional supplement to impact human health"- Dr. Robert Wolfe, PhD*

## **Backed By Science With Over 22 Human Clinical Studies..**

To ensure every year is a great year, regardless of your age, TriVita has created an exciting new breakthrough in nutrition science—the MyoHealth™ line. Initially developed to stop, restore and prevent muscle loss in astronauts and bedridden seniors, MyoHealth contains a perfectly blended mix of all nine Essential Amino Acids (EAA), which have been proven in human clinical trials led by Dr. Robert Wolfe to help support muscle strength and function by helping your individual muscle fibers work better.

As the first—and only—EAA complex to contain Dr. Wolfe's patented Essential Amino Acid formula, the EAA blend in MyoHealth represents a monumental breakthrough in nutritional science. Amino acids play a key role in the synthesis of new protein, and each of the nine amino acids found in MyoHealth is needed to jumpstart the protein molecule process. That's important because EAA can't be produced in the body. You can only get them through diet or supplements.

There are 20 primary amino acids in your body's proteins, 9 of which are essential to your diet because your cells cannot manufacture them.



These amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine, and tryptophan) are known as Essential Amino Acids.

Over 30 years in the making, MyoHealth's formula was developed based on findings from the National Aeronautics and Space Administration (NASA), research funded by the National Institutes of Health (NIH) and 24 human clinical trials. The research was led by Dr. Robert Wolfe, a leading authority on amino acids, a renowned expert in the fields of nutrition and muscle metabolism and a record-setting amateur athlete.

## **Build muscle the EAAsy way**

With hundreds of companies touting thousands of supplements, how can you be sure that MyoHealth is any different than all of the other products that promise to build stronger, leaner muscle?

### **Simple.**

With MyoHealth Essential Amino Acid (EAA) Complex, it starts with the perfectly blended mix of all 9 EAAs that go into every canister and the years of science that went into developing this formula.

A basic, healthy diet and physical exercise, coupled with the balanced ratio of 9 Essential Amino Acids found in MyoHealth , make for an ***EXPLOSIVE COMBINATION!***

Your body will feel the tremendous benefits of increased vitality and muscle strength, all without negative side effects. Most importantly and fundamentally, as this becomes a way of life, you will be on your way to achieving long-lasting health. With good health, you will have the quality of life that you want and need!

If you truly want to build and maintain "healthy muscle" I invite you to take our MyoHealth 30 Day Strength Challenge. You have probably seen our infomercials on national T.V. and we have a very special offer for you as well.

For A Limited Time we have a **2 for 1 special offer** for **the MyoHealth 30 Day Strength Challenge**. Purchase one canister of MyoHealth and get the second canister **FREE**.. Plus we will give you Dr. Wolf's Book... ***The Building Blocks Of Life*** and A Shaker Bottle For **FREE!**



Hello, my name is Bobby Brown and I have been with TriVita for over 16 years. I have been taking **MyoHealth** since it first launched in May of 2017. I personally have seen incredible results, and at the at the age of 64, my strength and vitality has improved immensely. I encourage you to give it a try and take our **30 Day Strength Challenge**.

If you have any questions or concerns about MyoHealth or the **30 Day Strength Challenge**, please feel free to contact me anytime. My contact information will be at the bottom of this page.

Life is but a fleeting moment in time. What will YOUR last ten years of life look like? Will you be quick enough for a game of tag with your grandchild.. Strong enough to embrace every moment of life.. Will you grow old with vitality...or get old with disease

**It's time for you to decide.... Ready To Get Started  
2 For 1 Special Offer As Seen On TV: [Click Here](#)**

## **Thank You**

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