

H. Clifton Sheats, PhD, CCN, DANLA presentation is designed to provide a better understanding of the metabolic pathways that lead to improved body composition and “real wellness.”

Metabolic down-regulation is a normal result of aging. Science has shown that the average American is losing up to 50% of their muscle between the ages of 30 to 80. This degradation of our ability to adequately process the calories we ingest, leads to conditions like: type II diabetes, high blood pressure, high cholesterol, high triglycerides, increased systemic inflammation, digestion disorders, heart disease and doubles our risk of acquiring cancer. Key elements from the literature incorporated into a “real world” environment provide a protocol for long-term adherence.