

SECRETS *of* Anti-Aging

*15 Proven Ways To
Reverse Aging At the
Cellular Level*



JASON PRALL

Founder of Awakened Collective

DISCLAIMER

The information presented in the pages of Secrets of Anti-Aging: 15 Proven Ways To Reverse Aging At the Cellular Level, is offered for educational and informational purposes only and should not be construed as personal medical advice.

You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health or the content in this report, you should always consult with a physician or other healthcare professional.

Do not disregard, avoid or delay obtaining medical or health related advice from your healthcare professional because of something you may have read In this report. The use of any Information herein is solely at your own risk.

Please consult your Physician, Nurse Practitioner, or Physician's Assistant if you have any medical condition or concern, or if you plan on using any of the supplements, modalities, or devices listed in this report.

Many people who are already on medications should certainly consult their medical providers before utilizing any new health device, lifestyle, or supplement strategies. Those who do not speak with their provider prior to initiating supplement, device, or lifestyle modifications discussed in this report assume the responsibility if an injury is to occur.

Nurses and medical professionals who take information from this report and implement it into practice are solely responsible for the care they provide.

This report is intended for persons 18 or older. If you are less than 18, please do not use this report as a source of information, and discuss the information herein with a parent or guardian before making any health changes.

Awakened Collective is not responsible for any harm that may arise as a result of the information obtained from this report. All education is provided in good faith and believed to be 100% safe and accurate by the author at the time of authorship. By using the information from this report, you are releasing Jason Prall and Awakened Collective from any liability whatsoever, and waive any and all-cause of action, related to claims, cost, injuries, losses or damages of any kind arising out of connection with the information obtained from this report.

NAD+

Nicotinamide Adenine Dinucleotide (NAD) Is a critical coenzyme found in every cell in your body that's involved in hundreds of metabolic processes needed for cellular energy, mitochondrial function, improving stem cell function, and maintaining DNA Integrity — all of which are critical for longevity. NAD+ has also been shown to reduce the risk of neurodegeneration and Alzheimer's disease.

NAD+ supplement options

- Nicotinamide Mononucleotide (NMN) — precursor to NAD+
- Nicotinamide Riboside (NR) — precursor to NAD+
- NAD+

For those who can afford the treatment, supplementing NAD+ through an IV drip can be highly effective for restoring function in the face of many chronic symptoms. This high dose quickly boosts and restores NAD+ levels, which revs up the engine in your cells and optimizes function in the most metabolically demanding tissues, reducing the effects of aging. For most, regular IV drips are not an option. Fortunately, there are now [suppository](#) and [liposomal](#) options which are more convenient and nearly as effective. The most potent NAD+ products I have found are made by [Mitozen Scientific](#).

PQQ + COQ10

As you age, your number of healthy and functional mitochondria inherently declines. PQQ (pyrroloquinoline quinone) is one of the most powerful substances to support the growth of brand-new, healthy mitochondria, which encourages youthful cellular operation throughout your entire body.

PQQ Benefits

- Mitochondrial biogenesis
- Improves energy efficiency
- Provides powerful cellular antioxidant protection
- Helps support delicate mitochondrial DNA
- Supports heart & brain health

CoQ10 Is an Important compound found in every cell of your body and primarily stored in the membrane of mitochondria where it is used to make energy and serve as an antioxidant, neutralizing damaging free radicals. The combination of PQQ + CoQ10 provide potent protection to mitochondrial DNA, cellular DNA, and cellular membranes. The PQQ Complex from [Premier Research Labs](#) had a unique combination of both PQQ and CoQ10.



QUERCETIN

Quercetin is a bioflavonoid found in various plants that acts as a powerful antioxidant to reduce Inflammation and increase energy. Among many things, quercetin stimulates the growth and division of new mitochondria and acts to protect DNA from damage. Quercetin-rich foods include things like asparagus, broccoli, cabbage, kale, romaine lettuce, sprouts, snap peas, olive oil, cherries, blueberries, and grapes, among others.

Quercetin Benefits

- Prevents viral replication
- Enhances mitochondrial capacity
- Normalizes blood pressure and Improves heart health
- Reduces histamine release and IgE allergic reactions
- Improves Insulin sensitivity
- Helps to repair DNA damage

When it comes to supplementing with quercetin, [this phytosome complex from Thorne Research](#) provides one of the most bioavailable sources.



FUCOIDAN

Fucoidans are a type of highly bioactive compound found in brown algae and seaweeds that has been part of over 3000 independently held studies related to its antiviral, neuroprotective, and immune-modulating effects. Fucoidan acts as a direct free-radical scavenger by helping to increase the production of antioxidant enzymes like superoxide dismutase, catalase, and glutathione peroxidase.

Fucoidan aids in digestion and alleviates inflammatory conditions by significantly reducing pro-inflammatory cytokines while increasing anti-inflammatory cytokines like IL-10. Fucoidan also increases the proliferation of stem cells while also improving their functional properties.

Fucoidan Benefits

- Aids In digestion
- Reduces gastrointestinal Inflammation
- Protects against viral Infection
- Protects against neurodegeneration
- Improves stem cell function

[StemZen from Mitozen Scientific](#) contains 2,000 mg of Fucoidan that gets released consistently over a few hours. Bonus: It contains 1,200 mg of CoQ10 as well.

TIME RESTRICTED EATING

Also known as Intermittent fasting, this is a way of eating that places more emphasis on not eating. By going 12-16 hours with no food, your body can focus its energy on repair and regeneration instead of digestion and assimilation.

Autophagy is a process that involves recycling of damaged cellular structures and rebuilding new healthy cellular architecture. Autophagy is one of the most important processes to maintain cellular integrity and function. The absence of autophagy over time leads to abnormal cell growth and greater susceptibility to disease.

The other important factor with regard to time-restricted eating is involves circadian rhythm. It isn't enough to just fast for 12-16 hours. The trillions of functions your body carries out are all guided by the internal biological clock that is synchronized primarily by the day/night cycle. In part, this means that digestion is optimized in the middle of the day and weaker at night.

Begin your fast after dinner and don't eat for about 12 hours until breakfast. Over time, you can increase your fasting window gradually until you find what works best for you.

PRIORITIZE SLEEP

Research has shown that lack of restorative sleep is one of the best predictors of all-cause mortality. Lack of sleep increases systemic inflammation, creates hormonal dysregulation, and prevents proper regeneration of tissue throughout the body.

During deep sleep, the flow of cerebral spinal fluid increases, delivering more nutrients to your brain and removing toxins and metabolic waste, including proteins like beta-amyloid. Without sufficient clearance, brain inflammation rises as does the likelihood of developing neurodegenerative diseases.

Tips to Improve Sleep

- Make sure your eyes take in sufficient natural light during the day. This helps regulate both cortisol and melatonin levels.
- Increase your activity levels during the day.
- Try avoiding caffeine during the day. Most people are surprised how much better they sleep when they cut caffeine.
- Avoid stress, stimulation, & large meals within 2 hours of bed.
- Use orange light bulbs after sundown or wear blue-light blocking glasses.
- Use meditation or calming breath work to activate your parasympathetic nervous system.

MELATONIN

Perhaps the most controversial biological molecule in the realm of health and longevity, melatonin is primarily known as the hormone of darkness. But the physiological role of melatonin goes far beyond regulating sleep. Melatonin has been shown to correct circadian rhythm disruption, improve mitochondrial function, protect against cancer, improve skin and gut health, reduce chronic inflammation, improve metabolic syndromes, eliminate infection, improve cardiovascular health, increase hair growth, regulate immune function, and improve neurological diseases like dementia, ALS, MS, and Parkinson's.

Evidence suggests that melatonin is not only taken up by mitochondria but that it is likely produced inside mitochondria as well. This means that every cell of your body (except red blood cells) is making and utilizing melatonin. As such, it serves a huge role in protecting DNA, mitochondria, and cellular architecture.

Many can find tremendous benefit in supplementing with extremely high doses (100-400 mg) to help resolve chronic inflammatory conditions with little downside risk.

My favorite are these [high-dose melatonin suppositories](#).

Another good option includes [high-dose liposomal melatonin](#).

OMEGA 3

Omega-3 fatty acids are healthy oils known for their anti-inflammatory benefits. Typically found in flax seeds, hemp seeds, chia seeds, algae, fish, and seafood, Omega 3s play a vital role in maintaining the integrity of cellular membranes, helping to facilitate efficient communication inside and outside each cell. In addition to their structural role in cell membranes, omega-3s provide the building blocks for signaling molecules called eicosanoids which impact cardiovascular, immune, and endocrine function. There are 3 main forms of omega-3 fatty acids that health researchers have focused on, and it can be particularly valuable to get a combination of these various forms.



They include:

- 1) alpha-linolenic acid (ALA)
- 2) eicosapentaenoic acid (EPA)
- 3) docosahexaenoic acid (DHA)

[Udo's Choice](#) is famous for their superior methods of extracting oil in ways that minimize damage.

PEPTIDES

The use of peptides in the world of anti-aging and regenerative therapy has exploded the last few years for good reason. Not only have these powerful little molecules been successfully used in the treatment of a wide range of diseases, they have gained a lot of proponents for their ability to turn back the biological clock.

Peptides are naturally occurring strings of amino acids that act as endogenous signaling molecules in the body to communicate with cells and tell them how to function.

Most peptides are only effective by way of subcutaneous injection. But there are 3 that have demonstrated excellent effectiveness through oral administration.

[BPC-157](#) stands for body protective compound and it has been shown to accelerate healing of the GI tract, muscle, tendons, ligaments, and skin.

[TB4-frag](#) has shown to promote bone remodeling, increase collagen deposition, accelerate healing of the skin and gut, minimize scarring, and improve immune function.

[KPV](#) is a standout peptide when it comes to reducing intestinal inflammation and improving mast cell activation syndrome.

ASTRAGALUS

Astragalus is commonly thought of as an adaptogenic and immune-supporting herb. In Traditional Chinese Medicine, it was used to protect against stress of all kinds. Research has demonstrated astragalus contains an interesting compound known as TA-65 that helps to lengthen your telomeres.

Telomeres are essentially genetic sequences at the end of chromosomes that help maintain stability of your DNA. Due to cellular stresses, oxidation, and cell division, chromosomes shorten over time, increasing the likelihood of genomic instability, poor genetic expression, and disease.

TA-65 has been shown to activate telomerase, the enzyme responsible for inhibiting telomere shortening and also helps to re-lengthen telomeres.

Research has shown [astragalus](#) improves cardiovascular health, immune health, metabolic disease, aids in wound healing, and down regulates systemic inflammation.



REISHI MUSHROOM

Known as the "mushroom of immortality" or "supreme protector", reishi has been one of the most revered tonic herbs in Traditional Chinese Medicine (TCM) for thousands of years. It contains potent Immune-regulating and Immune-enhancing compounds and supports organ systems like the heart, lungs, kidneys, and liver.

Reishi's combination of polysaccharides, peptidoglycans and triterpenoids are responsible for its anti-cancer, anti-inflammatory, antimicrobial, immune modulating, and antioxidant effects in the body, among others.

As a true adaptogen, reishi builds the body's own resistance and innate healing capacities so that the body may be stronger and more capable of dealing with all manifestations of a disease.



There is even evidence to show that reishi stimulates the production of nerve growth factor and promotes mitochondrial biogenesis (new mitochondria) in the brain.

[Host Defense](#) is widely regarded for their superior mushroom supplements.

CAT'S CLAW

Cat's claw is a woody, tropical vine that grows wild in the Amazon rainforest and other areas of Central and South America with thorns resemble a cat's claws. Its medicinal use dates back at least 3,000 years.

Typically thought of to improve digestive health, skin health, joint health, immune function, and chronic pain. Research has shown that participants needed less prescription pain medication while taking cat's claw.

Recently, researchers have identified a unique compound in cat's claw called AC-11. This interesting molecule helps to normalize the cellular expression of NF-kB, helping to mediate a healthy cellular response to inflammation.

Studies have also demonstrated AC-11's ability to repair DNA and increase the lifespan and effectiveness of white blood cells.

For digestive issues, a dose of about 250 mg per day has been shown to be effective. To elicit greater DNA repair effects, a dose of 400-600 mg per day is recommended.

My favorite product is [Cat's Claw Elite](#) from Quicksilver Scientific.

MINDFULNESS

Chronic over-activation of the sympathetic nervous system keeps the body in a physiological state of fight or flight, even when there is no real danger or threat. Unfortunately, this is a common occurrence as a result of childhood trauma, conditioning, and a hyper-stimulatory environment.

The remedy to an overactive baseline sympathetic tone involves mindfulness practices, [my favorite being The Gupta Program](#).

Other Practices Include

- Prayer
- Meditation
- Breath work like the 4-7-8 breath
- Gratitude journal
- Ho'oponopono or other forgiveness practices
- Find the silver lining

By consistently down-regulating the sympathetic charge in your body, you down-regulate stress hormones, inflammation, and activate genes responsible for regeneration and repair.

EXERCISE

Movement of all kinds is well known for its ability to improve all-cause mortality and facilitate healthy aging. Movement boosts nitric oxide production, circulation, lymphatic flow, and turns on a whole host of genes that regulate healthy function. And while all movement is beneficial, there are 2 forms of exercise that seem to stand out above all others.

Walking

Perhaps not exciting, walking is consistently demonstrated to have profound health effects while minimizing downside risks. One study identified a 32 percent decrease in death among those who took at least 2,000 steps a day. Another study found that middle-age people who walked at least 7,000 steps a day on average were 50-70% less likely to die of any cause over the next decade, compared with those who took fewer steps.

Resistance Training

Whether with weights, bands, balls, or your own body, adding resistance that challenges your body to work has been shown to increase growth hormone, strengthen bones, activate autophagy, improve metabolic fitness, prevent neurodegeneration and inhibit telomere shortening.