

## *Degeneration, Regeneration, and You*

When it comes right down to it, the root or foundation of all sicknesses, diseases, illnesses, and aging is simply degeneration. Many people have heard that inflammation is at the core of it all. Although this is not altogether incorrect, it is, however, incomplete. What is inevitably at the core of all inflammation is degeneration, and the simple definition of degenerate is as follows:

***The Problem: de•gen•er•ate Verb /di-'je-nə-rāt/***

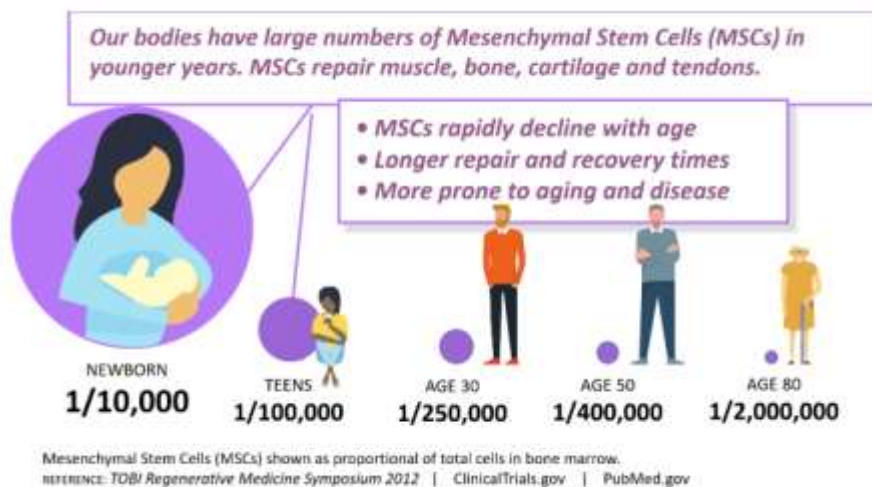
*to deteriorate physically or mentally, or to break down; fall apart; go into disrepair or be less than your former self*

This sounds a lot like the definition of sickness, illness, infirmity, chronic disease, injury, and aging. So, now that we have clearly identified the problem, let's discuss the solution: regeneration. The great news is that your body is already an expert at this because it has been regenerating itself since the day you were born (maybe even while you were in your mother's womb). Many of you have heard that every cell of your body is brand new in fewer than seven years. Your skin is brand new every few weeks, your stomach and digestive tract cells are all regenerated in just a few days, and your hair and fingernails are constantly growing. So, if your body knows how to regenerate itself, what is the issue? It's really quite simple. Disease, illness, and aging come about because the degeneration process overtakes the regeneration process. The definition of regenerate is as follows:

***The Solution: re•gen•er•ate Verb /ri-'je-nə-rāt/***

to build, grow, repair, or create new tissue. That's where your stem cells come into the equation. Stem cells regenerate new tissue and act as your body's internal repair system. The challenge is that they rapidly decrease and decline as you age. The chart below describes how much they decline.

Stem Cells Decrease and Decline with Age Causing Longer Repair and Recovery Times Leaving Us More Prone to Injury and Disease



**“The Key to a Healthy Life is Healthy Regeneration.”**