

## TELOSTEP TELOMERES Research and Studies

The **Academy Healing Nutrition** has a long history in the dynamics of gaining longevity and telomere length. We have been teaching our practitioner training in the Longevity Diet and Natural Healing for over 30 years. The Telostep product took over 5 years of research and development.

Telostep has many beneficial properties, including being anti-inflammatory and antioxidant. It is truly a one of a kind essential supplement with exceptional properties. Extending cell lifespan and slowing the development of age-related diseases by increasing the telomere length has been observed in many studies:

- In 2013 a study lead by the British NIHR involving 48,000 people found that short telomeres cause higher rates of cancer, MS, celiac disease and heart disease
- Mice were aged to the equivalent of 80 year old humans with disabled telomerase production. The mice were then modified to produce telomerase in each cell for 30 days, equivalent to 2.5 human years. Their organs: spleen, liver, testes, intestines, etc., grew back to youthful size and function. Hair turned from gray to brown, nervous system and mental function returned. Brains grew from an shrunken 75% size to a youthful 100% size. Telomerase mice had more youthful muscle, nerves and organs compared to untreated mice of the same age. Mental function and coordination were superior. Most importantly, the telomerase mice lived 12% to 24% longer. Testing in humans also showed an increase in immune system function, improved vision, sexual function and more youthful skin. Anecdotal reports from many different sources have shown a pattern of improvement including better vision, hearing, sleep, improved cardiovascular fitness, more flexible skin, reduction in age spots, better concentration, more energy, fewer pains, better hair health and many other benefits.

## TELOSTEP LONGEVITY SUPPLEMENT Create a long and fulfilled life!

**If you just want to do one thing for anti-aging, this is it.**

**If you want the most cutting edge anti-aging advice, this is it!**

Not long ago, the average lifespan was around 40 years old. Why should we currently accept a lifespan in the 80's or 90's? Why not a minimum of 120 and beyond! Our health is ultimately determined by the health of millions of cells that make up our bodies which naturally decline over time. In addition, factors like environmental toxins, stress, and poor nutrition contribute to further metabolic breakdown. By helping our bodies carry out vital cellular and metabolic processes, we can detoxify and repair at the most fundamental and important level to achieve optimal health.

Telostep is part of a super longevity protocol taught at the **Academy Healing Nutrition** which includes:

- The Longevity Diet
- Tonic Herbs and Superfoods of Longevity
- Mindfulness, exercise and positive life strategies
- The Theraphi Device which creates a cascade of frequencies using a bio-active field to enhance the telomeres ([www.Theraphi.Tech](http://www.Theraphi.Tech))

TELOMeReS ReCHARGE ReACTIVATE  
LONGEVITY  
REVERSE AGING  
SUPER PILL FOR LIFE EXTENSION

[www.Telostep.com](http://www.Telostep.com)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

# FINALLY...

## AN EXPLANATION FOR THE AGING PROCESS AND HOW TO REVERSE IT.



## Why you should care about your TELOMERES

Until recently we never really understood aging...

## Why you should care about your Telomeres

In a nutshell, the overwhelming scientific evidence attributes the aging process to the shortening of our telomeres on a cellular level.

Telomeres repair and protect your DNA, they are the end caps of your chromosomes. When they shorten and fray, cells can no longer do their job. Damaged telomeres are connected to premature aging, a weakening of the immune system, lower bone density and a higher potential for cellular mutations such as cancer. Other related ailments include diabetes, heart disease and Alzheimer's.

Once the telomere ends are below a certain length, the cell ceases to divide in order to avoid damaging the DNA. This process effectively creates an aging clock – one that ticks with every cell division until these divisions stop.

Telomerase is an enzyme that rebuilds, restores and repairs your telomeres. Our cells have the ability to make telomerase, but its production ceases early in our life cycle. Since the discovery of telomerase, researchers have been searching for a way to activate its production in adult cells.

After decades of research, the quest for what triggers telomerase is finally over. The root of the astragalus plant contains very small concentrations of a powerful molecule that has been proven to activate telomerase production in adult cells. This miraculous anti-aging molecule is the active ingredient in

**Telostep**  
Step up your telomeres

TELOSTEP is difficult and costly to produce. A saponin with incredible bioavailability, it is extracted from vast quantities of a species of astragalus.

Each capsule is protected with our easy-to-swallow digestive acid resistant protective shell, which is specially formulated to resist stomach acid and deliver the maximum amount to your DNA. After many lab experiments we also discovered a novel way to configure the delivery system for maximum dispersion in the intestines. Telostep is a premium grade product which is tested twice for purity, along with the highest standards of manufacturing.

If the telomeres are shortened, cells age. Conversely, if telomerase activity is high, telomere length is maintained and cellular senescence (death) is delayed.

**This is the most powerful super longevity supplement that has ever been discovered.**



## TELOSTEP Your optimal longevity protocol

If you decide on TELOSTEP therapy, you'll never want to stop. A long-term strategy for longevity, TELOSTEP should be viewed as a powerful anti-aging protocol – the benefits of which can only be witnessed over a long period of time.

There is a very real correlation between longer telomeres and longer life, not to mention improvements in vision, mental clarity, memory, skin and complexion, sexual performance and overall vitality.

- This breakthrough is not a typical nutritional supplement.
- It is the first REAL solution to aging itself.
- Scientists have figured out a way to lengthen telomeres. This is done by activating an enzyme called telomerase.
- Telomeres are a major factor in how long you live, how quickly you age, and when you die. Bad things happen when telomeres get short.
- There is also DNA damage due to oxidants, UV and toxic chemicals to consider
- When you throw this "telomerase switch" amazing things start to happen.

TELOSTEP perfectly complements a healthy lifestyle and longevity diet, fitness programs, supplements, herbal tonics and is part of the holistic approach that we at the Academy Healing Nutrition have been actively educating people in for over 30 years.

**It's truly an exciting time to be alive  
(for a long time).**

Join in on the Telomeres Revolution visit [www.Telostep.com](http://www.Telostep.com)