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Lymphotropic aspects of nutrition as a way to slow aging

Abstract:

Aging and nutrition are interconnected. It is important to find a way to slow down aging. Integration of lymphology with functional nutrition theory (or phytodietetics) is the most promising idea. Detection of lymphotropic properties of bioactive food ingredients will increase activity of lymphatic system. Our task is to improve the protective status of lymph nodes by taking a plant-mineral product when aging. We know this because they did an experiment. Older animals took the additional food plant-mineral complex “IQdetoxSORB.” The basis of the food complex is physiologically active substances such as flavonoids, bioelements, food fibers and others. We first presented data on the effect of functional nutrition on the lymphatic system and proved the lymphotropic properties of the plant-mineral complex. The bioactive ingredients of the complex are useful and have an effect on the lymphatic system, improving health in old age. The increase in lymphatic system activity occurs through the implementation of a lymphosanation mechanism due to the stimulating and protective effects of plant ingredients. Intake of phytomineral complex accelerates lymph flow, modifies lymph node compartments, restores trace element balance. The positive effect depends on the formation of an association of bioelements with lymphoid compartments. A plant-based diet corrects and increases the protective status of lymph nodes. The result is a slowdown in age-induced changes in lymph nodes. Increased activity of the lymphatic system is an argument for slowing aging and preventing age-associated pathology. The information presented is the basis for recommending plant-mineral complexes for wellness programs of anti-aging.

Biography

Dr. Vladimir Gorchakov graduated from the Novosibirsk Medical Institute (1978). Recently, he has been working as a teacher at Novosibirsk State University. His doctoral dissertation was made based on materials from the 30 Soviet Antarctic expedition (1984-1985), where for the first time he investigated the influence of polyphenolic (plant) complexes on the adaptive processes of the organism. He received a doctorate in medical sciences (1991). The author created the direction of lymphonutritiology, which provides for the development of bioactive plant-mineral additives with a lymphotropic effect. Author of the book “Undesirable Effects of Bioactive Additives”. Hirsch’s Index is 10.