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Nutrition, Health and Aging

Abstract:

Mitochondria are tiny structures found inside nearly every cell in the body including neurons. Mitochondria are associated with various cellular activities critical to homeostasis, particularly in the nervous system. Distinct cellular events causing oxidative stress or disruption of metabolism and mitochondrial homeostasis can trigger a neuropathology. ROS is the free radical theory of aging involving mitochondria, DNA and lost energy production leading to inflammation and implicated in the pathogenesis of cancer, diabetes, and atherosclerosis. Toxins can literally destroy our way of thinking properly and add to depletion of energy. Depression/Lethargy - an inflammatory stress response holds onto toxins. A stressed digestive system & immune system increase risk for insomnia and disease. Our brain needs proper nutrition, sleep, exercise, and neurotransmitter function. Obesity causes brain atrophy.” (Dr. Amen) Physiologically, children are more than ever vulnerable to brain aging. Endocrine disruption mimic hormones and can add to premature aging and disease. The gut microbiome is an endocrine organ containing microbes and genes. The skin is an endocrine organ and can produce hormones that are released through blood circulation. Toxic Ingredients and/or Carcinogens interfere with the proper functioning of the endocrine system, which controls the production and release of hormones. High nutrient-rich foods can make us feel stronger and healthier and speed recovery. Antioxidants fight oxidative stress. Colorful organic foods from the Cruciferous vegetables have countless overall benefits. One is cancer-fighting properties. Fermented foods are rich in probiotics. Probiotics build and feed our gut with healthy bacteria

Biography

Connie Rogers graduated near the beginning of the renowned Institute for Integrative Nutrition in NYC. (NYC 2003) She is accredited through the American Association of Drugless Practitioners. Connie Rogers is a Published Author (2015), Certified Integrative Nutritional Holistic Health Coach, Certified Brain Health Coach, Professional Researcher, Ghost Writer, Certified Cosmetologist / (1977) Skin Health Educator for over 40 years. Connie has owned and operated 2 day spas in her lifetime. She attended Gilda’s Club in NYC for caregiving studies in ovarian cancer. Studied <http://www.newstart.com/program/> Training under Don Hansen New Start Program in Colorado. Connie currently writes, speaks, and offers holistic options for balancing wellness. She believes when we tune into our health, growth is a spiral process changing directions as we learn. Connie has helped clients regain their personal health by taking back control of their lives through gained knowledge and simple yet powerful positive daily habits. Her passion is to discover and address the “causes” of health challenges and then create a movement of balance and vitality. Anyone close to her will agree, Connie Rogers truly walks the talk and the many lives she has empowered will tell you her wisdom and guidance are priceless. She coaches on the topics of the mind/body connection, gut microbiome/hormone connection, skin health from within, removing toxic exposures in order to create health, and the emotional balancing act of foods and moods.