Aging & Health

Aging is the sequential or progressive change in organisms that leads to increased frailty, disease, and death. At the biological level, aging results from accumulating a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity and an increase in the risk of disease and death.

The rapid pace of life, eating habits, and environmental pollution have increased stress levels and related disorders. Stress genes and various regulatory pathways mediate the complex molecular response to stress. Oxidative stress refers to the internal damage caused by reactive oxygen species. Increasing evidence suggests that chronic psychosocial stress may increase oxidative stress, which in turn may contribute to aging.

HOW CAN WE CONTROL OUR CORTISOL?

- Eat fresh & whole-food
- Practice Yoga
- Listening to music
- Deep-breathing exercises and meditation
- Get adequate sleep

CORTISOL LEVEL DYSREGULATION AND ITS PREVALENCE - IS IT NATURE'S ALARM CLOCK?

Cortisol is a steroid hormone that plays a major part in the body’s metabolic reaction to stress—be it a physiological response: illness, injury, and trauma; or a psychological response: mental ill-health.

Chronic stress can lead to an increase in cortisol which leads to increased anxiety or depression, headaches, memory problems, brain fog, digestive issues, a weakened immune system, weight gain, insomnia, pre-diabetes, and more.

An independent study on SKY, a program offered by Healing Breaths, demonstrated a 40% decrease in cortisol levels.

To learn more about visit healingbreaths.org

STAYING SOCIALLY CONNECTED: YOUR LIFE DEPENDS ON IT

Social connection is really about connectedness: the extent to which we engage with important, supportive people in our lives in ways that heighten our sense of belonging and well-being. It’s key to healthy aging. Studies have shown that older people who have close connections and relationships live longer, cope better with health conditions, and experience less depression.

HELPING HEALTHCARE WORKERS AND LEADERS COMBAT BURN OUT ISSUES AND IMPROVE THEIR QUALITY OF LIFE

Healing Breaths helps healthcare professionals and leaders rejuvenate, build personal resilience, and reconnect to the joy in medicine.

“Having the tools to decompress daily truly helped me bring clarity on how to deal with things within my control, and to accept the things I have no control over.”

Michele Atkins-Young Nurse, Director of Children’s Services

“I came into this program very burned out. Now, I find myself getting back to who I am, and I’m just very grateful.”

Esther Pottoore, DNP

“‘This course has been really exceptional... We talk about burnout, compassion fatigue, secondary traumatic stress, and this allows us to gain tools in combating these issues.’”

Dominique Charlot- Swilley, Ph.D.

HEALING BREATHS’ SKY RESEARCH HIGHLIGHTS

<table>
<thead>
<tr>
<th>Cholesterol Levels &amp; improve Lipid Profile</th>
<th>Life Satisfaction</th>
<th>Deep Sleep</th>
<th>Well-Being Hormones</th>
<th>Stress Hormones</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>13%</strong> DECREASES IN 6 WEEKS</td>
<td><strong>21%</strong> INCREASE</td>
<td><strong>218%</strong> INCREASE</td>
<td><strong>50%</strong> INCREASE SERUM PROLACTIN</td>
<td><strong>56%</strong> REDUCTION SERUM CORTISOL</td>
</tr>
</tbody>
</table>

Schedule a call today at 628.280.6527 to learn how we are helping providers and institutions address the impact of burnout and create a culture of well-being.

Healingbreaths.org