

IT'S NOT NORMAL

Regain your health and enjoy life, no matter your age.



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Introduction

For decades our culture has worked to tell us that aging means giving up the vitality of youth. Achy? Extra weight? New chronic illnesses? No sleep? We're told those symptoms (and more!) are totally NORMAL. In fact, we should stop complaining about it and just accept it as our new life.

And if we don't want to accept that new reality, we're told that we're going to have to work harder than ever. Restrict our diets, spend hours in the gym every day, swallow handfuls of supplements, and NEVER go back to the life of eating or playing for enjoyment. Of course, every fitness and wellness influencer on social media claims to have the solution to your problems--you're eating too many lectins or not enough vegetables or stop eating carbs and fat, but actually eat more fat, but only the good fat. How's your blood sugar? What's your food timing? Where are your pre-, pro-, and post-biotics?

It's enough to give you a migraine. (But don't worry--headaches are "normal" as you age.)

It's time to stop the madness!

The signs of aging like aching joints, slowing down, exhaustion, and declining mental acuity aren't inevitable...or even normal. They're your body telling you something is wrong.

So let's do something about it! With the right work now, it is absolutely possible to heal your body, reduce or even eliminate your symptoms, and create a life that is healthy and full of energy no matter your age. In fact, once you get your body back into balance, it becomes even easier to maintain a healthy life. (And if you eat a piece of chocolate cake at your kid's birthday party, great! You deserve it!)

This ebook is here to help you take charge of your health at any age. It's not about trying to stop aging - it's not an anti-aging mindset, but about making choices now that support your long-term health and vitality. We are all aging. The goal is to understand how your body works and how you can protect it to feel better, longer. We'll talk about what's happening in your body right now, what you can do about it, and where to find extra resources for help. This isn't going to be a rant about how you shouldn't drink oat milk or eat tomatoes, but rather a discussion of things like cellular health, mindset, and everyday habits.

Let's make sure the years ahead of you are full of energy, strength, and well-being—because aging well can, and should be, **normal**.

In this book, you will discover:

- ✓ What longevity is, and why it's important
- ✓ Symptoms you may be experiencing that are not normal
- ✓ What those symptoms say about your health...and what you should do about it
- ✓ Why you should care about your cellular health
- ✓ How to take action at home to increase your health and wellbeing
- ✓ Where to find support in the medical community

You don't have to be scared or downhearted about your health. We'll help you embrace your opportunity for healing so you can live every day full of hope, positivity, and good health.

Let's dive in!



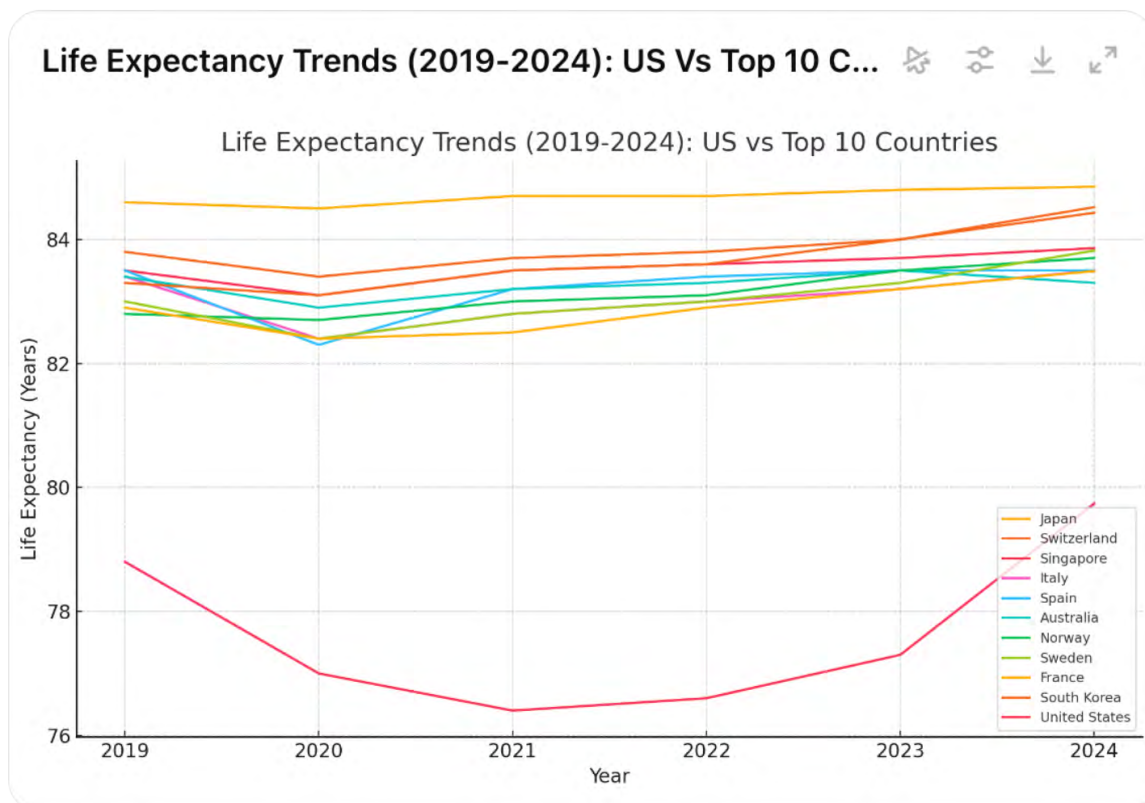
What is Longevity?

Surprised that we're starting a book about health and aging with a definition? Don't be. Even if you're focused right now on frustrating symptoms like lack of sleep or weight gain, the hidden thing you're likely looking for is **longevity**.

Longevity is about ensuring that, as you age, you maintain a high quality of life that's full of energy, strength, optimism, and wellbeing. Sounds pretty nice, right? While it may seem like a lot of medicine is about helping you live longer, longevity is about both living longer AND better. Because who wants extra years full of pain, disease, dissatisfaction, and self-loathing?

To understand why this is important, let's take a look at life expectancy here in the U.S.

While we live longer than ever before (the average life expectancy in the 1820s was just 29 years!), our health expectancy is still disappointingly low. The average life expectancy in the U.S. for 2024 is projected to be 76.4 years. For women, it's around 80 years, and for men, it's close to 74 years. As you can see in the chart below, our life expectancy is far below other 1st world countries like Japan, Spain, and France.



But here's the most important part. While our average lifespan is around 76 years, only **66** of those are in good health. Women are spending on average 16 years in poor health while men spend the last 12 years in poor health.

Why? Because aging is the greatest risk factor for most chronic and acute diseases.

According to the National Council on Aging (NCOA):

- ✓ 94.9% of adults age 60 and older have at least one chronic condition.
- ✓ 78.7% of adults age 60 and older have two or more chronic conditions. ¹

Our healthcare system is great at treating illnesses and advanced diseases, but it often falls short when it comes to prevention. That's why longevity is not just trying to add candles to your birthday cake; it's about working to keep your wellbeing intact for *every* birthday.

The best part is that when you address the symptoms of aging like hair loss, decreasing muscle mass, brain fog, and GI distress, you're helping to improve your longevity. Ignoring those symptoms (like society tells you to do) will only shorten your healthy years. These symptoms are signals that your body is sending you - trying to get your attention - that there is some underlying cellular and metabolic damage or dysfunction. So in taking care of one issue, you're actually promoting your overall health.

So let's look at what is getting in the way of your longevity.



¹ <https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults/>

This Isn't Normal?

So many symptoms we attribute to the inevitable process of aging simply aren't normal. Below is a list of symptoms that can actually be *reversed* and *avoided*.

Physical Symptoms

- Wrinkles and sagging skin
- Thinning hair
- Reduced muscle mass and strength
- Increased weight (especially abdominal)
- Joint pain and stiffness
- Bone density loss
- Slower metabolism
- Reduced balance and coordination
- Decreased mobility
- Cardiovascular changes
- Respiratory changes
- Digestive issues
- Changes in sleep patterns
- Urinary incontinence
- Decreased immune function
- Reduced libido
- Hot flashes and night sweats
- Fatigue
- Higher blood sugar

Cognitive and Mental Symptoms

- Memory loss
- Slower cognitive processing
- Difficulty with multitasking
- Changes in attention span
- Decreased mental flexibility
- Mood changes
- Reduced motivation
- Decreased ability to handle stress.

Social and Emotional Symptoms

- Isolation
- Grief and loss
- Reduced sense of purpose

We know...it seems like we just listed every single symptom of aging that we've been told is normal and inevitable.

Here's the thing--all of these symptoms are your body telling you that something is going wrong down in the cellular level. If you can locate the source of this dysfunction (the earlier the better), you can actively work to repair it.

Here at the Johnson Center for Health, we call it rebalancing. The idea is that when something goes wrong in your cells or genes, whether it's from nutritional deficiencies, metabolic dysfunction, oxidative stress, hormonal imbalances, environmental factors, or something else, your body gets out of balance. By discovering what is causing that imbalance, you can then take steps to address the need and bring your body back into balance and good health.

To understand these imbalances, let's talk about what's actually causing the symptoms that you're experiencing.

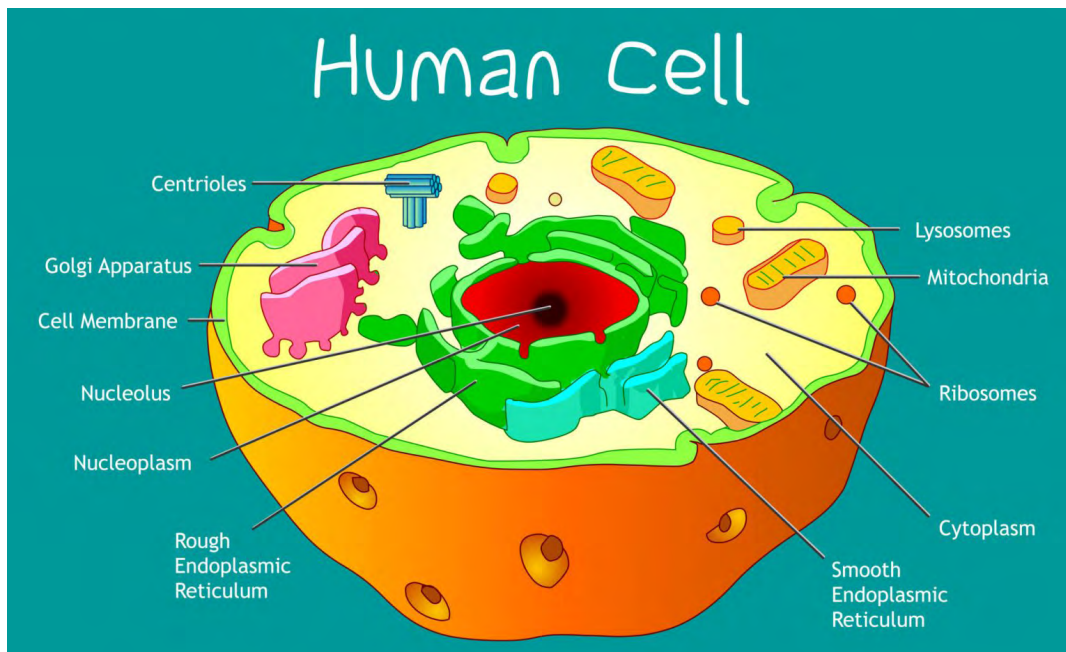
What Causes the Symptoms We Associate with Aging?

Many symptoms associated with aging¹ are mainly due to underlying dysfunction in your cells, often started by damage that began as much as 10-15 years ago. Cellular damage is like a slow burn that goes unnoticed, and if not addressed, continues to spread, causing damage and dysfunction and eventually a host of symptoms. While everyone may have different symptoms, the underlying imbalance is the main driver.

That means that what we see as outward symptoms of aging—wrinkles, reduced mobility, cognitive decline, etc—are the results of long-term cellular processes that began much earlier in life. Once they do emerge, though, they will only continue to worsen until you work to repair the damage.

Cellular Membranes and Aging

Think back to your biology classes when you learned about the structure of a cell. You might remember the nucleolus, the mitochondria, or even the cytoplasm, but what do you remember about the cell membrane?



2

1 López-Otín C, Blasco MA, Partridge L, Serrano M, Kroemer G. The hallmarks of aging. *Cell*. 2013 Jun 6;153(6):1194-217. doi: 10.1016/j.cell.2013.05.039. PMID: 23746838; PMCID: PMC3836174.

2 <https://www.biologyonline.com/tutorials/cell-structure>

The membrane does more than just hold the cell all together. In fact, much of your health – especially as you age – is dictated by the health of your cellular membranes. They are the gatekeepers to your cells, making sure the flow of nutrients, ions, and waste products in and out of the cell are correct. They maintain balance by letting the good stuff in and keeping the bad stuff out.

But that's not all they do! In addition to their security function, cellular membranes also:

Produce energy and regular metabolism:

Mitochondria generate ATP (the energy currency of the cell) only when the cellular membrane is intact.

Prevent oxidative damage:

Using phospholipids like omega-3 fatty acids, the membrane helps protect cells from oxidative damage from free radicals.

Repair and regenerate:

The membrane helps cells remove broken cellular parts and renew better ones, preventing the accumulation of harmful debris.

Maintain stem cells:

Stem cells that are responsible for tissue repair and regeneration only work well when membranes are healthy.

Communicate with other cells:

Using chemical and electrical signals, cell membranes coordinate in tissues and organs to maintain overall health like tissue repair and immune responses.

Detect changes:

Cell membrane receptors can monitor their environment to adapt for changes in hormones, nutrients, and temperature so they can stay healthy.

With this list of important tasks, you can see that when those membranes are damaged or stop working correctly, cells very quickly start showing signs of damage and imbalance.

Here's just a few ways that damaged cellular membranes can affect your health and start producing those hallmarks of aging.

Weight gain:

Damaged membranes can't help to regulate insulin or nutrients, causing problems with your metabolism and contributing to insulin resistance.

Lower energy:

Damaged membranes make it harder for cells to create energy, leading to fatigue, muscle weakness, impaired cognitive function, and even organ failure.

Zombie cells:

Cellular membranes are usually responsible for removing dysfunctional cells, but damaged membranes stop doing this job. This creates a build-up of "zombie" cells, making it harder for you to deal with stress, recover from illness, and maintain cognitive function.

Chronic inflammation:

Damage to membranes increases the release of inflammatory molecules, causing low-grade inflammation that leads to many symptoms of aging like chronic disease, GI problems, fatigue, and depression and anxiety.

Poor gut health:

Damaged gut cell membranes cause dysbiosis, which leads to IBS, weight gain, skin conditions, chronic inflammation, and even cancer.

Wrinkles and saggy skin:

Damaged membranes reduce the ability of stem cells to function, leading to decreased tissue regeneration--that translates to wrinkles, saggy skin and hair loss.

And that's just scratching the surface! Are you starting to see how essential cellular membranes are to your health?

Early Intervention is Key

The kicker, of course, is that the symptoms that you're experiencing now are due to damage that started many years ago. This means that early intervention is crucial.

If you can address cellular health in your 30s or 40s, you can potentially delay or even prevent many of the symptoms traditionally associated with aging.

Does this mean that those of us in our 50s, 60s, or 70s are out of luck? Of course not! We've found that when people address their cellular health at ANY age, that they will see positive benefits.

**Yes, the best time to start was yesterday,
but the next best time is today.**

What Can We Do About It?

Talking about things like cellular damage can feel far removed from your actual life. After all, when was the last time you took a good look at your cells and determined the health of your cellular membranes? Probably...never.

Luckily, you don't need to see your cellular membranes to take action to repair them. Cellular membranes are dynamic structures that can be supported and repaired through various lifestyle, dietary, and supplement interventions. Let's talk about simple things that you can do right now to start supporting your cellular health that will translate into feeling better now and promoting longevity for the rest of your life.

1. Focus on nutrition

What you put into your body has a huge impact on how your body functions, all the way down to your cells. We know that the cellular membrane is largely made up of lipids, specifically phospholipids, cholesterol, and fatty acids. Ensuring an adequate intake of high-quality fats helps maintain membrane fluidity and functionality. Try adding fish oil, flaxseed, chia seeds, and walnuts to your diet--they're great sources of Omega 3 Fatty Acids. Monounsaturated fats found in avocados, olive oil, and nuts are also great to improve and restore cellular membranes.

Several vitamins and minerals are also important for cellular membrane health. Either through supplements or food, try adding the following to your diet:

- Vitamin E
- Vitamin C
- Glutathione (N-acetyl cysteine)
- Coenzyme Q10 (CoQ10)
- Choline
- Lecithin
- Zinc
- Curcumin
- Resveratrol
- Egg yolks
- Soybeans
- Garlic
- Onions
- Cruciferous vegetables
- Liver
- Beans
- Shellfish
- Beef
- Pumpkin seeds
- Turmeric
- Red grapes and berries

These vitamins and minerals will help reduce inflammation, support mitochondrial health, stabilize the membrane, and reduce oxidative damage. You can find them in foods like:



At the Johnson Center for Health, we've found that the anti-inflammatory diet is a great place to start. It is rich in whole foods, leafy greens, colorful vegetables, and healthy fats. Even if you don't want to restrict your diet to the degree of the anti-inflammatory diet, you can still try to avoid processed foods and refined sugars. If you need more support or ideas for how to incorporate these into your daily life, try talking to a nutritionist.

2. Continue physical activity

It's no secret that exercising increases your lifespan and quality of life. It's also great for your cells! Exercise stimulates blood flow and enhances the delivery of nutrients and oxygen to cells, helping membranes to repair. Additionally, exercise helps to kill zombie cells¹, increase membrane fluidity² so it can better gatekeep the flow of oxygen and other good things, increase the number of mitochondria³ in muscle cells for better energy, and improve the integrity of the plasma membrane⁴ to protect the cell. In fact, studies have shown that exercising for just 30 minutes a day can help you gain an extra 8 years of life⁵! This could be as simple as taking a 15 minute walk in the morning and evening.

So what types of exercise are best for longevity, especially on the cellular level? Studies point to cardiovascular exercise (to improve how the heart delivers oxygen and nutrients to the cells), high-intensity interval training, otherwise known as HIIT, and strength training.

Try exercise routines that include:

- Walking
- Running
- Swimming
- Cycling
- Strength training or bodyweight exercises
- Dancing
- Racket sports like pickleball or tennis
- Yoga, tai chi, or pilates

Not sure where to start? You don't need to jump into 3 hours a day at the gym, lifting 300 pound weights. Start small and find activities that you enjoy and can easily work into your schedule. Try talking to a health coach or personal trainer to help you develop a plan that meets your current needs and fitness level.

1 <https://www.hhmi.org/news/exercise-triggers-beneficial-cellular-recycling>

2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5289559/#:~:text=Kamada%20et%20aL,a%20significant%20decrease%20in%20MCV.>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8202894/#:~:text=Created%20in%20BioRender,retrograde%20nuclear%20signaling%20%5B162%5D.>

4 <https://www.sciencedirect.com/science/article/pii/S209525462200103X>

5 <https://www.wbur.org/news/2013/03/15/minutes-exercise-longer-life>

3. Prioritize sleep

What you put into your body has a huge impact on how your body functions. The body repairs and regenerates itself as we sleep. This happens all the way down to the cellular level. Sleep gives cells the chance to receive the right signals for growth, repair, and adaptation--especially helping cells balance hormones¹ like insulin, cortisol and thyroid. Lack of sleep disrupts cellular communication², reducing cells' abilities to communicate and self-regulate. Sleep even gives your brain the chance to clear out those dead or damaged zombie cells preventing the damage of chronic inflammation.

It may sound easier said than done, but work hard to prioritize sleep. Here are some practical tips to help you achieve the rest you need:

Establish a routine:

Go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's internal clock.

Create a sleep-friendly environment:

Ensure your bedroom is conducive to sleep, with a comfortable mattress, dark curtains, and a cool, quiet environment free of blue light.

Stay active:

Regular physical activity like walking, swimming, or cycling can promote better sleep quality. Just be sure to avoid vigorous exercise close to bedtime.

Mind your diet:

Avoid heavy meals, caffeine, and alcohol before bed. Herbal teas like chamomile or valerian root can also promote relaxation.

Manage stress:

Stress can interfere with your sleep. Incorporate stress management techniques into your daily routine to help calm your mind and improve your sleep quality.

1 <https://newsinhealth.nih.gov/2013/04/benefits-slumber#:~:text=Throughout%20the%20night%2C%20your%20heart,the%20body's%20use%20of%20energy.>

2 <https://news.uchicago.edu/explainer/how-sleep-affects-human-health-explained>

4. Limit alcohol

As you age, your ability to tolerate alcohol diminishes. Studies¹ have found that ethanol in alcohol disrupts the physical structure of the cell membrane. That's not a good thing! Alcohol makes cellular membranes too fluid, diminishing their ability to gatekeep and keep bad things out of the cell as well as decreases their ability to communicate² with other cells. It also disrupts proteins in the membrane and increases the level of oxidative stress.

While we're not telling you to give up alcohol completely, be mindful about how much and when you consume alcohol. Doing so will help you avoid cell damage and stress on your body. (In somewhat related news, smoking also affects the fluidity³ of your cell membranes, increases oxidative stress, damages membranes, and even changes a cell's entire shape! Aside from all of the diseases that smoking can cause, quitting will make your cell membranes MUCH happier.)

5. Attend to your stress

We all know there's no such thing as keeping your life "stress-free," but there are strategies and coping mechanisms you can put into place to keep your stress contained and manageable. Your stress levels don't just make you feel unhappy--they can affect your cellular membranes. Psychological stress has been found to cause mitochondria to swell⁴ and cellular membranes to distend, reducing gatekeeping capabilities by making membranes more permeable⁵, and even increase the amount of fatty acids⁶ in blood cellular membranes. And that's just a few!

This all goes to show that your mind and body are not separate entities working against each other. Your mind and body are one unified organism. The more you work to alleviate stress in your life (and we're talking more than psychological stress!), the healthier you will be long term. Find hobbies you enjoy, spend time with friends, unplug from screens, meditate, spend time in nature. Whatever you choose to do will help to support your emotional AND overall health.

1 <https://pubmed.ncbi.nlm.nih.gov/3526990/#:~:text=Ethanol%20disrupts%20the%20physical%20structure,evidence%20that%20it%20is%20important.>

2 <https://www.sciencedirect.com/science/article/pii/S0006349506723049#:~:text=Changes%20in%20such%20generic%20membrane,electrostatic%20potential%20may%20affect%20signaling.>

3 <https://www.sciencedirect.com/science/article/pii/S1089860313002991>

4 [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5901654/#:~:text=Mitochondria%20exhibit%20several%20structural%20features,2\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5901654/#:~:text=Mitochondria%20exhibit%20several%20structural%20features,2).)

5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181796/>

6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181796/>

Where to look for help

Therapeutic Intervention: *How Functional Medicine Can Help You Achieve Your Goals*

While taking steps at home is essential to improve the health of your cellular membranes and help you achieve lasting health, it can also be helpful – even essential – to enlist the support of a functional medicine professional. Therapeutic intervention can offer you dynamic, next-level support to help you identify issues on the cellular and genetic level and connect you with therapies, supplements, and lifestyle support to help heal your health.

Benefits to Functional/Cellular Medicine Longevity Treatment

A physician who specializes in Functional/Cellular medicine can provide you with a variety of tools that help you identify what imbalances exist in your body and how to treat them.

Customized Support:

Everyone's body is different--even siblings can have vastly different bodies and cellular makeups. Traditional medicine doesn't acknowledge that--instead it works by the rule of averages: if something works for most people, it must mean that it will work for everyone.

For example, if you're feeling a lack of energy, are gaining weight, are constipated, are losing hair, and have a low body temperature, you might think that you have an imbalance with your thyroid. However, if your thyroid levels fall within the "normal" range, it's unlikely that a practitioner will suggest any course of treatment. In this situation, the law of averages is working against you, not helping you.

Functional medicine is different in that it is completely individualized to your needs. So even if your results fall in a "normal" range, a functional medicine doctor will keep exploring until they've found what works best for you, helping you achieve lasting health.

In-depth testing:

To power that customized program, you must first understand what is happening inside your body on a cellular level. That's why functional medicine practitioners will help you undergo thorough testing to understand your:

- ✓ Genetic health
- ✓ Cellular membranes
- ✓ Metabolic rate
- ✓ Fat burning efficiency
- ✓ Chronic stress level
- ✓ Insulin resistance
- ✓ Blood sugar
- ✓ Inflammation
- ✓ Nutrient levels
- ✓ Hormone levels
- ✓ Oxidative stress
- ✓ And more, depending on your needs

All of these tests work together to form a full picture of where your cellular and overall health is at this moment. The results are evaluated through a functional lens, which is different from what a traditional medical practitioner will do. It's not about falling into a "normal range," but discovering what is optimal for YOU.

A functional medicine practitioner will also take a detailed medical history, creating a timeline of potential triggers that affect your current health. Your practitioner can then create a big-picture analysis of the stress factors (physical, psychosocial and environmental) that are contributing to your symptoms. Often, they may even detect factors you would never associate with your health challenges.

Focus on Balance:

A functional medicine physician will also work to help you restore balance. This includes several different areas:

Diet:

Nutrition is a major contributor to cellular and overall health. Your practitioner will help you optimize your diet using metabolic testing, a continuous glucose monitor, and discovering genetics and nutrient needs so they can guide you to the foods that work best for you.

Address gut inflammation:

A healthy microbiome is absolutely essential for reducing inflammation and supporting cellular health. Like nutritional deficiencies, you will need the support of a professional to get the best picture of your microbiome and gut health.

Bio-identical hormones:

While Hormone Replacement Therapy (HRT) is not universally suitable, it can significantly impact certain individuals. Even at minimal doses, it may enhance energy levels, improve sleep quality, and aid in weight management. Hormones are very powerful signaling molecules and just taking hormones without consideration of the above can throw you out of balance. That's why it's so important to work with a physician who is highly trained in hormone therapy who can provide you with an optimal, customized and safe program designed to correct hormonal and cellular imbalances.

Herbals and supplements:

Herbals, especially adaptogens, have a long history of helping to decrease anxiety and stress, as long as they are not contaminated with heavy metals and other toxins. Many supplements claim to help "balance hormones," reduce stress, burn fat, and increase metabolism. But there is very limited science to support many of the claims and some could even cause negative interactions with other medications. A functional medicine practitioner will only recommend safe herbals and supplements based on your actual biochemistry and lab values.

Exercise program:

How you exercise at 50 is not the same as how you exercise at 25. A functional medicine practitioner can help you choose the right kind of exercise program for your unique needs.

Stress reduction:

In addition to lifestyle changes and addressing household toxins, functional medicine practitioners will also recommend adaptogens based on your test results and symptoms. Other modalities such as NuCalm and Heartmath help reduce the stress load on your body and are backed by numerous studies showing positive benefits. We need to spend as much focus on stress reduction as we do diet, exercise and sleep.

You Can Feel Better Now and Look Forward to Tomorrow

Here's the good news: once cellular membranes are healthy, they become highly efficient at self-regulating many of the body's processes. This means they are better equipped to maintain balance, respond to changes, and recover from stressors without the need for ongoing, intensive intervention.

Just like a well-tuned engine still requires regular maintenance, healthy cellular membranes will benefit from regular care. Lifestyle choices such as proper nutrition, hydration, exercise, and stress management, are key to keeping cell membranes in optimal condition.

But the beauty of focusing on membrane health is that once a solid foundation is established, the body can do much of the work on its own. The cells will be more resilient and adaptive, requiring less active management from the outside.

So here's your takeaway message:

Once your cellular membranes are healthy, your body can naturally maintain its balance, and staying healthy won't feel like a constant uphill battle. With the right foundation in place, your cells will work for you, not against you.

That means maintaining your health gets easier, not harder! You don't have to stick to super-restrictive diets, spend hours in the gym, or get loaded down with supplements and treatments. With less than a year of focused treatment, you're setting yourself on a path of health and freedom for your entire life!

Benefits of Longevity

Cultivating long-term health doesn't just mean you live longer, it positively impacts every aspect of your life and experience.

Physical Benefits

Stronger heart:

Increased cardiovascular health means long walks in the evening, pushing grandkids on the swings, and pickleball with friends.

Maintain bone density and muscle mass:

Avoid osteoporosis and weak muscles so you can enjoy a long life of independence and control.

Avoid chronic disease:

Reduce your risk of debilitating chronic disease, keeping your immune system healthy and ready to combat germs and viruses.

Healthy lungs:

Strong, functioning lungs keep you active, alert, and enjoying your life and surroundings.

Functioning gut:

A gut in tip-top shape aids in smooth digestion, absorption of nutrients, waste elimination, decreased bloating, and an overall feeling of wellbeing.

Five senses intact:

Life is full of joy with all your sensory abilities intact so you can see, hear, feel, taste, and touch everything beautiful around you.

Lustrous skin and hair:

Outward appearance isn't everything, but firm, youthful skin and healthy hair can keep you feeling your best.

Maintain muscle:

Muscle is one of your biggest endocrine organs and helps to burn more calories at rest and decrease blood sugar. Strong and flexible muscles help to prevent falls and increase balance.

Mental and Cognitive Benefits

Sharp thinking:

No one wants to feel like their mental acumen has diminished—longevity will keep you at your mental best.

Avoid neurodegenerative disease:

Fight back against dementia and Alzheimer's, maintaining clear focus.

Enhanced well-being:

It's no secret that feeling better means every aspect of your life is more meaningful and enjoyable.

Cultivated wisdom:

Aging with superior health means that the wisdom you've gained over your life remains intact, giving you needed perspective.

Social connectedness:

With wisdom and well-being comes the ability to remain socially connected and active in the community, increasing your overall satisfaction with life.

Social Benefits

More time with family:

Be present, fully engaged, and active with your family and loved ones for longer.

Give your wisdom:

With better long-term health, you're able to share the wisdom you've gained over the years, as well as your economic stability.

Solidify your estate:

Living longer and better means you can create a solid financial foundation to pass on and contribute longer to social security, helping the national community.

The Johnson Center for Health is Here to Help



A message from Dr. Barbara Johnson, founder of the Johnson Center for Health

When I was in my mid-forties, I thought I was doing everything right. I was exercising, eating well, raising my family, and working hard as a surgeon.

Then, seemingly out of the blue, I was diagnosed with Multiple Sclerosis. Even though I thought I was on the right track, cellular damage had been hiding in the background.

It was a wakeup call for me. Upon closer examination, many parts of my life were negatively affecting my health. I knew that something needed to change, and I wasn't confident that the medications that my neurologist wanted me to take were the answer. My journey of healing took me away from traditional medicine and into a more holistic and functional form of medicine. I haven't experienced a single neurological symptom of MS in over 20 years and actually feel better today in my sixties than I did in my forties.

You may not be facing a neurological autoimmune disease, but the same underlying situation may be at work. Cellular damage, especially to the cellular membranes, can exist for many years before you begin to experience symptoms.

That's why it is so important to take action NOW. If you're experiencing any symptoms of aging, don't believe it when people tell you it's normal. Those symptoms are your body alerting you to the fact that something is out of balance.

Luckily, your body is resilient! With the right approach, your body can heal, all the way down to the cells, helping you enjoy a long, happy life full of health and activity.

Your future is bright!

Our Longevity Program in Action

Here's how we work with you to help you achieve optimal health.

1

Health Check:

Your genetics, lifestyle, nutrition, stress, sleep, and more have significant impacts on your health. We'll dig deep with testing to determine what your body's unique needs are.

2

Longevity Plan:

Using the data from your test results, our team of practitioners will build a plan for personalized, integrated health interventions using our proven Rebalancing Method™.

3

Feel Better:

We'll work hand in hand with you to implement your unique plan, helping you optimize your environmental health, psychological and emotional management, exercise, cognitive function, and more.

**Schedule a Free
Consultation Today**

Address Every Factor of Aging

Our focus on longevity helps you master every aspect of your health and wellness.

Biological age:

Your body's age isn't wholly dependent on the year you were born. We look at the bigger picture (including important biomarkers) to create a better informed starting point.

Genetics/epigenetics:

Genes play an important role in your health and longevity. Our assessments examine your unique cellular makeup to tailor your plan to your exact needs.

Hallmarks of aging:

Aging is an interconnected process across systems in your body. Our holistic treatment plans are designed to address all of your body's systems, not just one.

Environmental health:

5-10% of your healthy, active years are affected by your environment. We'll identify your environmental risks (air quality, food, water, etc) and how to mitigate them.

Psychological management:

Mental health impacts the functioning systems of your body. By addressing your emotional health, you can reduce inflammation and protect your immune system.

Cognitive functions:

We use a sophisticated series of tools for testing and monitoring cognitive abilities and apply the latest techniques to help you monitor and train your cognitive functions.

Circadian rhythm:

Your body's natural 24 hour clock is essential to your physical and mental health. We'll help you optimize your rhythm so your entire body can feel healthy and energized.

Gender-specific medicine:

There are over 300 genetic differences between men and women. To understand your current and future potential health, we look at your unique differentiators.

Emotional health:

A positive mindset is the cornerstone of longevity. We'll help you shift your perspective to relish the opportunities life presents to transform your outlook on aging.

Evidence-based approach:

You deserve lasting, reliable results. That's why our treatments are firmly grounded in safe, scientifically-proven methods that you can feel confident in.

If you've been struggling with symptoms that other providers say are "normal" or are committed to staying healthy for your entire life, The Johnson Center is here to help.

Schedule a free, 20 minute consultation appointment today to chat with one of our practitioners and discover what traditional medicine has left out of your care and how, along with paying attention to your cellular health, science-backed treatments will help improve your longevity.



**You CAN feel like yourself again...
now and for the rest of your life.**

**Schedule a Free
Consultation Today**



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The Johnson Center
Functional Health & Longevity