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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with Susan Downs, MD

Occupy Health
Friday at 11 AM Pacific
May 5th 2017: Vitamins and Minerals Effects on Aging

Dr. Ames will discuss his research on the role of vitamins and minerals in health and aging. Through his theory of triage, when nutrition is lacking, the body puts its resources into every day activities at the expense of DNA and damaged protein repair. Each junk food meal sacrifices protein and DNA repair which eventually leads to DNA damage and chronic diseases. Caloric restriction, mitochondria health and obesity are as well as vitamins and minerals that promote longevity will be discussed.

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Friday at 11 AM Pacific Time
on VoiceAmerica Health and
Wellness Channel

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Featured Guest



Bruce Ames, PhD

Dr. Ames, a world-renown scientist and Professor Emeritus of Biochemistry and Molecular Biology at University of California Berkeley, is a member of the National Academy of Sciences and served on their Commission on Life Sciences.

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