








AGING ACCELERATORS

1 Declining stem cells 

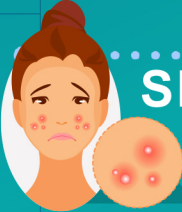
2 Poor lifestyle and diet 

3 Smoking and Alcohol 

4 Chronic diseases 

5 Hormonal and Immune decline 

SIGNS OF AGING


Skin and appearance changes 

Decrease immune system function 

Brain fog (decrease cognitive ability) 

Decreased digestive function 

Sarcopenia and weight loss 

Chronic fatigue and bad sleep habits 

Joint pain and impaired vision 

