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#1 Habit to Lower Dementia Risk + 8 Best Drinks When Sick

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Partner of the day:

mindbodygreen

Hello. It's Tuesday, October 22. You're about to discover a tickborne disease that's on the rise (it's not Lyme)...#1 habit that reduces your dementia risk...7 surprising causes of allergies (including water!)...symptoms of aging, what's normal, and what's not...and more...

ESSENTIAL

10 Evidence-Based Benefits of Creatine

Creatine is a natural supplement many athletes swear by for boosting their performance. Not only is it safe, it's one of the most popular and effective options out there for building muscle and strength. Yet the benefits don't stop there. Science suggests creatine may also give your brain a boost, help fend off some neurological diseases, and speed up muscle growth. Here's how creatine can benefit your overall health. ([More](#))

Is Your High Blood Pressure Reading Actually Accurate?

How you hold your arm when your blood pressure is taken can significantly affect your readings—even leading to a false hypertension diagnosis. Guidelines for measuring blood pressure recommend supporting your arm on a desk at heart level, but many people rest their arm in their lap or let it hang down. A recent study of 133 adults examined how arm position affected readings. Both the lap and side positions resulted in significantly higher BP readings, with increases of about 3.9 mm Hg for systolic BP when on the lap and 6.5 mm Hg when unsupported at the side. ([More](#))

Tickborne Illness Is on the Rise (It's Not Lyme!)

When people think about tick bites, they often think of Lyme disease, which affects around 476,000 people each year. However, a recent study has found that another tick-borne illness is on the rise: babesiosis. Researchers from Penn State examined a massive database of clinical data involving over 250 million individuals and discovered that the rate of babesiosis infections increased by an average of 9% each year from 2015 to 2022. This study sheds light on the growing concern of babesiosis. Here's what you need to know. ([More](#))

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Are Weaker Muscles Making You Feel “Old?”

If you're finding that you no longer have the strength you used to have, you're not alone. After age 30, our bodies [lose muscle mass](#) at an alarming rate—and this decline can significantly impact our strength, balance, and overall quality of life. That's why intervening with the right exercise and nutrition is key to maintaining our quality of life.

[Introducing Creatine+](#): A powerful, scientifically formulated blend of creatine and taurine that boosts muscle strength to support your overall health and fitness. Plus, it improves exercise recovery and reduces soreness.

Adding Creatine+ to your daily routine is simple—just mix one scoop of this **vegan** formula into your favorite beverage or meal. Whether in your morning coffee, smoothie, or post-workout shake, Creatine+ works quickly to help build lean muscle, one of the most important factors for aging healthfully.

Don't let age dictate your strength. Discover how Creatine+ can transform your vitality today!

IMPORTANT

[8 Immune-Boosting Beverages to Drink When You're Sick](#)

[#1 Habit to Start Now to Reduce Your Dementia Risk](#)

[7 Surprising Causes of Allergies \(Including Water!\)](#)

[Hydroponics Is Popular: But Does It Work & Is It Safe?](#)

[Is Late-Night Snacking Good or Bad for Your Health & Mood?](#)

Top New Recipe

[Tofu Palak Paneer](#)

This easy Indian-inspired meal combines tofu and creamy spinach curry.

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This is Important to Maintain Your Independence

Creatine not only builds and maintains lean muscle, but it also boosts your energy and supports healthy memory and cognitive function. However, as we age, our bodies produce less of it, so supplementation with a high-quality source is important to [maintain our independence as we age](#).

To maximize its impact, you want to pair creatine with taurine (which can also decline with age)—which is why [Creatine+ gives you both](#). This “power duo” helps to build lean muscle mass, supports exercise recovery, and supports memory and cognition. Plus, it boosts physical energy and promotes healthy aging.

Experience the difference the vegan Creatine+ can make right here.

Laughter is the Best Medicine

- > Why did the picture go to jail? *Because it was framed.*
- > Why did the frog take the bus to work? *Because his car got toad away.*
- > What did one wall say to the other? *I'll meet you at the corner.*

"It does not matter how slowly you go as long as you do not stop."
— Confucius

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