The Science of Aging Well: Nutrition, Metabolism & Vitality

Facilitated by Rebecca Kastin, Tuesdays 12:00pm

Course Description: Why do some people maintain their energy, strength, and mental sharpness as they age, while others experience fatigue, inflammation, and declining health? In this engaging, science-based course, we'll explore how aging affects metabolism, hormones, gut health, muscle mass, and brain function. Discover how functional nutrition can address these changes and learn to make smarter food choices that support energy, strength, cognitive health, and long-term vitality.

Week 1: The Aging Body: What's Really Changing?
Explore how metabolism, hormones, body composition, and energy change after 60. Understand why nutritional
needs evolve and why familiar eating strategies may no longer work the same way.

Week 2: Muscle Is Your Longevity Insurance
Learn why preserving muscle supports strength, balance, metabolism, and independence. Examine age-related muscle loss, protein needs, and practical food strategies for maintaining strength.

Week 3: Blood Sugar, Belly Fat & Metabolic Health
Understand insulin resistance, glucose regulation, and why abdominal fat becomes more common with age. Explore how meal composition influences blood sugar, cravings, and energy.

Week 4: The Gut-Brain Connection
Discover the gut microbiome and its connections to digestion, immunity, metabolism, and brain health. Examine the roles of fiber, fermented foods, and emerging research on the gut-brain connection.

Week 5: Inflammation, Memory & the Aging Brain
Explore chronic inflammation and its relationship to cardiovascular and cognitive health. Review the evidence for omega-3 fats, antioxidants, and nutrients that support healthy brain function.

Week 6 | Food as Medicine: What Does the Science Really Say?
Put nutrition research under the microscope. Discuss popular claims about breakfast, carbohydrates, intermittent fasting, protein, and ultra-processed foods while learning to distinguish credible evidence from hype.