

Part of Immune System Management's mandate is to educate health care professionals and the public about Aminomics™. Here are a few activities we've been involved in recently, as well as one coming up this fall.

## Calling all Naturopaths

Dr. Carolyn Mercer, BSc, ND, will speak at the Ontario Association of Naturopathic Doctors' 2017 Convention, Clinical Innovations in Naturopathic Medicine, on Sunday November 12th at 10:30 AM at the Blue Mountain Resort in The Blue Mountains, Ontario. Dr. Mercer will speak on: *Amino Acid Regulation of Healthy Aging Through Epigenetics, Metabolism and Senescence*

If you know a naturopath who would be interested in learning more about Aminomics™, pass it on!

## Solving the Puzzle of Chronic Disease

Dr. Mercer also spoke at the OAND's conference last year, on *The Interplay and Modulation of Amino Acids and Botanicals with Cytokines in Autoimmune Conditions and the Implications for Clinical Practice*.

Autoimmune diseases, such as rheumatoid arthritis and lupus, involve destruction of healthy cells by the body's own defense mechanisms. Exactly how and why this happens is not entirely understood, however we do know that prolonged inflammatory stress is a major contributing factor.

Cytokines are proteins made by the immune system that act as chemical messengers and that may signal the immune system to become overactive. In Dr. Mercer's presentation she discusses how these cytokines can be modulated by using amino acids, botanicals, and other micronutrients, in order to suppress and inhibit inflammation.

Watch her presentation here.





## The Science of Healthy Aging

Aging isn't really about how long you've been alive. In fact it involves a variety of factors – including your genes, your environment, and infections you may have contracted from harmful viruses and bacteria. Your immune system uses amino acids to regulate and repair every organ in the body, so healthy aging means supplying the immune system with the amino acids, vitamins, and minerals it needs.

Learn more about biochemical aging in Dr. Mercer's article, recently published in Tone, Ottawa's leading-edge health and wellness magazine since 1985. See page 6 in the online magazine: <http://www.aminomics.com/newsevents/#tonemay2017>

And if you missed our three-part series on Immunosenescence and Aging, catch up here:

<http://www.aminomics.com/wp-content/uploads/2016/06/March2015Newsletter.pdf>

[http://www.aminomics.com/wp-content/uploads/2016/06/April\\_2015\\_newsletter.pdf](http://www.aminomics.com/wp-content/uploads/2016/06/April_2015_newsletter.pdf)

<http://www.aminomics.com/wp-content/uploads/2016/06/May2015Newsletter.pdf>



302 - 80 Aberdeen St.  
Ottawa, Ontario  
Canada, K1S 5R5

**P:** 613 239 0220  
**F:** 613 239 0222  
**E:** [info@aminomics.com](mailto:info@aminomics.com)  
**W:** [www.Aminomics.com](http://www.Aminomics.com)