

HOW TO SLOW DOWN THE AGING PROCESS



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Old age does not necessarily bring disease. There is nothing to suggest that the older we get, the more aches and pains we should have.

The question ought to be. Does age bring disease, or does disease bring old age?

Sickness is caused by poor attention to health principle not merely by the passing time.

Many people experience longevity without any aches or pains, with heaps of vitality and energy, so do not accept the weakness of our western civilization, in which the older you became the sicker you can expect to be.

If you want to slow down the aging process, improve your quality of life and the way you look, the answer can be found in a few simple dietary and lifestyle changes.

Our diet really determines how fast you age.

A recent study by the MacArthur Foundation investigated how people grow old. While the researchers acknowledged that genetics plays a role, the study pinpoints some actions you can take to increase your chances of a vital old age.

By eating right, you can make sure your body has all the nutrients it needs to keep you feeling and looking more youthful well into your golden years.

Here are some guidelines to follow:

1) Drink plenty of fresh, clean water.

Without enough water in your body, your blood doesn't flow properly and your digestive system doesn't operate smoothly. It's recommended that you drink about eight glasses per day.

2) Eat more whole grains.

Oats, buckwheat, millet and rice provide many nutrients you can't get from meat or dairy products.

3) Include "good" fats in your diet.

Your body can process all parts of a fat molecule except for the polyunsaturated fatty acids, which is why you need to include these fats in your diet. Fish oils, vegetable oils, nuts and seeds are good sources of unsaturated fat.

4) Eat foods rich in nucleic acids.

Nucleic acids (also known as RNA and DNA) are the building blocks of life -- they help your cells reproduce so you can stay young and healthy. One good source of this nutrient is canned sardines.

5) Avoid too much salt.

Rather than sprinkling salt on your food to add flavor, try using herbs instead. Celery and herbs such as summer savory and lovage make good substitutes for salt.

6) Choose healthy snacks.

Before reaching for potato chips or cookies to snack on, try satisfying your hunger with something healthier like fresh fruits or raw vegetables. You'll get more nutrients this way, and you'll avoid unhealthy fat, refined sugar, and food

additives.

7) Get plenty of fiber.

A diet high in fiber will lower blood cholesterol, promote bowel health and reduce the risk of diabetes.

8) Eat a well-balanced diet with lots of variety.

Your body requires many different nutrients, including 8 essential amino acids it can't produce on its own. Make sure you're getting all the nutrients you need by including a variety of fruits and vegetables, a little bit of meat or other protein source, whole grain cereals, various kinds of fish, and poultry in your diet.

The typical western diet could be making people age faster than they should. By following the guidelines above, you'll give your body the proper nutrition to help keep you looking and feeling youthful.



Additional Tips on Remaining Young

There has been an enormous amount of research on ways to protect your brain through nutrition. Here is what you can do:

- 1. Avoid processed foods and eat only freshly prepared meals.** Most processed foods contain harmful fats (omega-6 fats), additives and even toxic metals. In addition, they contain too much salt and sugar.
- 2. Eat five to 10 servings of fresh vegetables and some fruits every day.** Choose nutrient-dense vegetables like broccoli, cauliflower, Brussels sprouts, kale, celery, parsley, tomatoes, mustard greens, turnip greens, collard greens, squash and onions. Because fruits are high in sugar, eat only limited amounts and avoid sweetened fruit juices. These foods contain vitamins, minerals and special substances called flavonoids that are powerful and versatile

antioxidants. In addition, some of them often provide other brain-protective nutrients.

3. Avoid Omega-6 oils (found in corn, safflower, sunflower, peanut, soybean and canola oils). You should not cook with these oils, nor should you use products that contain them (chips, breads, pastries, etc.).

4. Consume at least two ounces of extra-virgin olive oil a day. This oil contains a number of powerful antioxidants, as well as healthy monounsaturated oil. You can use it on a salad or mix it with other foods.

5. Take Omega-3 oil supplements and foods enhanced with this healthy fat. When choosing a fish oil brand, it is important to find one of high quality to ensure that it has been purified of mercury and other toxins. And be sure to get oil that is high in DHA the Omega-3 oils reduce brain inflammation and cool down excessive immune activity.

6. Avoid sugar. Sucrose, the sugar used in foods and as a sweetener, causes a greater insulin surge than glucose, the natural form. Extensive evidence has shown that sugar plays a major role in accelerating aging — especially brain aging. This is because sugar revs up the metabolism, which generates a storm of free radicals. In addition, sugar forms abnormal bonds with proteins and this dramatically accelerates aging. High sugar intake compounds the risk of Alzheimer's disease over 300%. High fructose corn syrup is especially damaging.

7. Eat complex carbohydrates that are low on the glycemic index. These include broccoli, cabbage, lettuce, onions and more. You can find the index on the Internet. These foods are absorbed slowly and help avoid an insulin surge (which can lead to hypoglycemia). It is also important to eat only limited amounts of carbohydrates each day. That means no more than two servings (a serving is a cup) with each meal.

8. Drink a combination of white tea mixed with rosemary tea. These teas contain powerful antioxidants and have been shown to especially protect the brain against abnormal aging. Two cups a day should be adequate. White tea is the same as green tea but contains much lower levels of fluoride with higher levels of antioxidants.

9. Balance your acid and alkaline level. Almost all of the body's functions require a slightly alkaline state. This includes immunity, cardiovascular

function, muscle function, brain function, and tissue health. So how do you correct your acid/alkaline imbalance? When your body is highly acidic, it will do whatever it takes to return itself to a healthier pH balance. Your body steals the calcium, sodium, potassium, and magnesium it needs from your bones in order to buffer the tissue acids and they are systematically eaten away. One way is to cut down on meats, dairy, and starches, while eating more fresh vegetables. And add good multy vitamins, minerals and antioxidant formula.

Take a looked at what happens in the body when it is too acid:

Acid creates mucus

Mucus creates inflammation

Inflammation creates disease

In other words we need to cleanse the body: You can't have a toxic liver and have good health.

Cleansing the liver should be an everyday process. Your liver is the most overworked organ in your body. It is responsible for:

1. Filtering and processing all, nutrients, alcohol, drugs and other materials that enter the bloodstream and letting them pass, breaking them down or storing them.
2. Manufacturing bile to emulsify fats for digestion
3. Making and breaking down many hormones, including cholesterol, testosterone and estrogen.
4. Regulating blood sugar levels.

The quality of virtually every function your body performs depends on your liver. In addition, the liver is the anchor of all emotions, which means that the negative emotions we experience are “stored” there.

10. As a direct result of our **lifestyle** and our polluted environment, detoxifying the liver, kidneys and bowels can, in many cases, help improve our health and quality of life.

11. Hormonal imbalances and faulty enzyme metabolism may also be a cause of premature aging. Eating food containing plant estrogen can prevent some disease and balance hormones. Soya bean products including tofu and soya milk, sweet potato and the herb dong quai are good sources of natural plant estrogen.

12. Avoid continuous stress. Unrelieved stress greatly increases free-radical production and lipid peroxidation in the brain, causing it to age abnormally and rapidly. Make sure you get at least eight hours of sleep a night. Regular moderate exercise is also an excellent way to relieve stress. It has been shown to slow brain aging. However, extreme exercise can have the opposite effect. The Omega-3 oils have also been shown to protect the brain against stress damage.

13. Avoid depression/ depressive mood etc... If you become depressed, seek treatment early. A number of studies have shown that depression causes a loss of memory and learning difficulties and that over time the hippocampus of the brain (the memory and learning center) actually shrinks. Depression is best treated with regular exercise. Avoiding Omega-6 fats and increasing Omega-3s also helps. Omega-3 fats have been shown to improve depression and protect the brain from depression-related damage.

14. Once a week, you should fast at least until dinner. Fasting once a week has been shown to dramatically slow brain aging and accelerate repair of this essential organ. Experiments have demonstrated that fasting causes the brain to generate growth-stimulating chemicals (brain growth factor and epithelial growth factor) that promote healing of damaged neurons.

15. Moisture your skin. As we age without proper care, the skin's cells become thicker. The use of exfoliating scrub will remove the layer of dead skin and speed up the process of regeneration.

One of the causes of premature ageing is damage to the cell's mitochondria by free radicals. When the mitochondria are damaged by free radicals over a period of years, they are unable to withstand the assault of this free radical attack and die, causing the death of the cells and ageing of the organ of which they are part.

Evidence has shown that the taking of antioxidants may extend the quality and the length of life, and reduce the incidence of many other diseases.

What can antioxidants do for you?

You already know how antioxidants help protect you against free radical damage - keeping you feeling young, healthy and energized. But they do so much more than that!

Over the next few weeks and months, while taking quality Antioxidants every day, don't be surprised if you start to notice that your

- Skin becoming clear and healthy looking

- Hair and nails feeling stronger
- Energy levels increasing
- Plus, you're getting top-notch support for your heart and overall cardiovascular health.

Researchers are also looking into the anti-aging effects of **grape seed extract and resveratrol** to extend the lifespan of yeast cells by up to 80 percent.

Combinations of all that will help make you and your skin look and feel young.

Finally to help slow down the aging process, think young. Your mental attitude is an important factor. If you think old you will be old.

Elizabeth Najdovski

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