



# Age is an attitude

**If you didn't know your age would you feel older or younger? Ageing doesn't have to be a dreaded decline into disease and disability. Be better every birthday with steps that put you in your prime all the time.**

Though historically we're living longer than ever the majority of us die of preventable degenerative diseases rather than old age. Scientists propose the average person can survive a robust 120 years.

### Turn back time

The body constantly regenerates to reverse the ravages of time. Rapid cell renewal sees the liver replicating in six weeks, the skin three weeks, stomach lining four days and eyes every two days. Cells age faster from smoking, sugar, excess alcohol, oxidised fats, chemicals, deficiencies, overeating, pollution and stress. Fend off free radical damage with fresh air, antioxidants, organic food, monounsaturated fats and

relaxation. Meditation increases cell repairing telomerase. Get a full check up after 40 years. As Theodore Roosevelt remarked, "Old age is like everything else. To make a success of it, you've got to start young."

Increase the life in your years and the years in your life with the following:

### Heart

Get emotions off your chest, sidestep stress and sugar to decrease arterial damage. Have high fibre food and fish or omega-3 fatty supplements which protect the heart and reduce the rate of Alzheimer's.

### Skin

More than ten minutes sun daily may damage our delicate skin. Wear a hat, sunscreen and avoid midday sun. Exfoliate and moisturise with plumping aloe vera, jojoba or hyaluronic acid. Create collagen and banish dark circles with beauty sleep and rosehip oil. Vitamin A, D, E, C, zinc, collagen and fatty acids promote supple skin. Chromium lowers blood sugar which can increase skin wrinkling.

### Eyes

Protect eyes with sunglasses, chemical free makeup, fennel

tea and eye exercises. Supplements lutein, bilberry, bioflavonoids, zinc and vitamin A are documented to improve eyesight.

### Hair

Preserve your hair color and thickness with chemical free products, coconut oil and scalp massage. Iron, B vitamins and protein are essential for healthy hair. Hormonal hair loss can be reduced with internal saw palmetto or fenugreek and rosemary essential oil externally.

### Teeth

Prevent painful teeth problems by swilling sesame oil, flossing, taking calcium, magnesium and boron.

### Bones

Weight bearing exercise, sufficient calcium, magnesium, protein and vitamin D3 all build healthy bones. Avoid depleting caffeine, soft drinks, sugar, acidic foods and excess protein.

### Brain

Boost brain function with study, word games, conversation,



exercise, meditation, fatty acids, vitamin B complex, selenium, zinc, brahmi and ginkgo. Stress, smoking, alcohol and depression destroy brain cells. Curcumin counteracts Alzheimer's by blocking beta-amyloid in the brain.

### Reproductive

Keep your hormone fountain flowing with bio-identical HRT, phytoestrogens, ginseng, withania and natural lubricants. These can improve libido, lubrication, skin, bone density and menopausal symptoms.

### Muscles

If you move it, you won't lose it. Stay balanced with pelvic floor exercises, pilates, yoga and qi gong. Weight training treats stooped posture and trembling of the elderly due to motor neuron death or senile sarcopenia. Magnesium supplements are known to reduce muscle tension, lessen pain associated with migraines, improve sleep and help manage anxiety.

### Pro-life diet

Nutrient needs increase while digestive strength decreases as you age. These supportive supplements will leave you feeling great in your golden years. Antioxidant vitamins A, C, E, lipoic acid, resveratrol, selenium and coenzyme Q10 neutralise free radicals and prevent cell damage. Eat antioxidant rich foods such as acai, avocado, berries, broccoli, red grapes, spinach and spirulina. Chyavanaprash and ginseng are anti-ageing tonics for energy, immunity and libido. Enjoy every day as if it's your last and you'll travel first class to the finale. As Sophia Loren said, "There is a fountain of youth: it's your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." 

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Dan Buettner's book *The Blue Zones* reveals nine tips from regions with long lifespans.

1. Move naturally.
2. Live purposefully.
3. Shed stress.
4. Eat to 80 per cent full.
5. Consume little meat.
6. Drink moderate alcohol.
7. Have spiritual faith.
8. Nurture loving connections.
9. Socialise with like-minded people.

Further cues from the *The Longevity Project* by researchers Howard S. Friedman and Leslie R. Martin were being conscientious, serving others and eating primarily fruits, vegetables, nuts and healthy fats.