

## **The Age of Anti-Aging**

We all have heard the words “anti-aging”, but what does it really mean? A quote from Voltair said that “Medicine consists of amusing the patient while nature cures the diagnosis”.

Aging is brought on by body wear and tear, free radicals from the types of foods we eat, which is important because of the conversion of foods to energy. If we eat bad foods, that energy conversion rate decreases and we have less energy. Also genetic and neuro-endocrine imbalance factors bring on aging. To some degree we can control genetic aging by lifestyle changes, environment, foods eat, internal/external environment. These items are called gene silencing techniques, a way we can have some control with genetic programming.

Wear and tear and free radicals can be controlled by eating foods high in antioxidants (fruits and vegetables and supplements (Q10, fish oils, flaxseed oils, vitamins A, C, E, and D. When you eat, restrict your caloric intake by eating smaller portions. Neuro-endocrine therapy is stimulated by foods we eat, and exercise especially. Increased resistance exercise can stimulate growth hormone by 4 fold and increase your testosterone levels also. Your growth hormone reaches its peak around 12-20 years of age then decreases about 14% per decade thereafter so following these rules will help with the anti-aging process.

There are 4 food groups we must look at. The first and second are food we need to stay away from or reduce.

1. Saturated fats: high in calories, high in fat and tend to raise your cholesterol. These foods are animal origin foods that consist of fatty meats, red meats, organ foods, cheeses, dairy products, and shellfish
2. Simple Carbohydrates: refined foods, white flour, white bread, white sugar, usually from animal sources.
3. Polyunsaturated fats: lower in calories, lower in fat, vegetable source foods, high in fiber and plant origin foods.
4. Complex carbohydrates: naturally occurring foods, vegetables, grains, fruits, lettuce, plant origin foods.

The healthiest foods we can eat are foods that have a lower glycemic index. Glycemic index is rated from 0-100 and foods with indexes 55 or lower have less carbohydrates and will not cause a blood sugar level to spike.

As I mentioned above, your growth hormone levels drop dramatically after the age of about 20. The three enemies of your growth hormone are fat, sugar and obesity. Eating less food and eating more small meals about every 3-4 hours will keep your metabolism burning fat and carbohydrates. The problem arises when we consume more carbohydrates than we burn. If you consume 600 grams of carbohydrates and burn 200 grams the other 400 grams gets converted and stored as fat. You never get into your fat stores to burn fat and lose weight. If you do this day after day the consequences will be weight gain, obesity and other health issues. A decrease on calories of 25% will increase longevity, not to mention weight loss and put you into a health lifestyle.

Here are my key elements for losing weight:

1. Increase protein to build muscle, Women about 70 grams per day, men 75-90 grams per day.
2. Decrease your carbohydrates
3. Eat foods with lower glycemic indexes below 55
4. Decrease fat intake, no more than 25 grams per day
5. Eat 5 small meals per day between 125-130 calories per meal and 1 meal of 500-600 calories per meal. This will give you about 1100 calories per day.
6. Increase exercise, just walking 30 minutes 3-4 times per week
7. Rule: if you can pull it from the ground or off a tree and it is plant origin foods it the food you need to eat.
8. Supplements: antioxidants, multi vitamin and mineral and a B-complex. The B vitamins aid in the breakdown of protein, fat and carbohydrates.

Anti-aging consists of 5 components (1) nutrition/detoxification, (2) respiration/oxygenation, (3) hormonal balancing, (4) energy balance, and psycho-social issues. One of the things that makes us age is oxidative distress or free radicals due to the environment, foods, water and toxins, all of which we can control. We can control these by early detection, prevention of age related disorders, and reversal of age related disorders through health living.

If you follow the key elements as outlined, not only will you lose weight, but you will begin a health lifestyle.

Dr Ross is a practicing physician in Altamonte Springs Florida and has authored numerous books on exercise, fitness and other health, medical, legal publication and articles in peer reviewed journals. He can be contacted at 407-875-2000 and encourages your participation in your health.