

# The Elixir Of Youth



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## **Antioxidant Chocolate Gets Rid of Wrinkles:**

If someone told you that chocolate could really eradicate wrinkles, would you believe them? According to researchers at such highly respected universities as Cambridge and University College of London, the answer is, "Yes!"

Some tests have verified that the antioxidant levels found in chocolate (the same as a fillet of Alaskan salmon) can keep skin looking smooth and glowing. A researcher at Cambridge University in England says that the antioxidants in chocolate are the same ones that "keep goldfish gold and flamingos pink."

One test indicated that after four weeks of consuming chocolate on a daily basis, there was evidence that blood inflammation had decreased and increased blood supply to the skin was more prevalent.

Some of the clinical trials used people who were in their 50s and 60s and the result was that the skin's physiology levels were restored to those levels of 20 to 30 years old. The product is called "Esthechoc" and is comprised of dark chocolate which comes in a small (7.5 gram bar) and is composed of free-radical-fighting polyphenols.

Those involved in the trials visibly noticed that their skin was more pliable and supple. Some think that anti-aging chocolate is too good to be true, but this guilt-free delicacy was developed by scientists who specialize in anti-aging who claim that it slows down the development of sagging skin and wrinkles.

Day by day, scientists are revealing that everyone's favorite treat – chocolate – can be an amazing way to prevent wrinkles and make our skin smoother and better able to resist the sun's harmful rays.

It's the dark chocolate which does the best job of preventing wrinkles and boosting health. Dark chocolate is now available with no sugar. Avoid "Dutch" chocolate which is processed with a solution that destroys the helpful flavonols.

All you have to do is nibble a couple of squares of dark chocolate each day to help your resistance to aging skin. Scientists who conducted studies at the European Dermatology in London, England claim that consuming dark chocolate on a moderate basis may also help prevent skin cancer.

With all of the excitement about consuming chocolate to prevent the aging of skin, it's worth the time and effort to research what's been done to create products using this delicious and desirable food.

Remember that milk chocolate and other forms of chocolate don't have the same effect as the dark chocolate, which hasn't been processed. There's no benefit at all to eating the processed chocolate.

### **Be Proactive About Your Happiness to Stave Off Aging:**

Happiness doesn't just affect your emotional well being. It can also affect your health. When you're happy, not only do you feel better all over, but you can actually stave off aging.

Of course, making sure that you live a lifestyle that promotes good health does help you win the fight against aging. Plus, a healthy lifestyle can make you feel better emotionally - especially if you exercise - because exercise boosts your endorphin level, which is the feel good hormone.

Health and happiness are linked together like an unending circle. When you know that you're doing what you can to be healthy, this impacts your mood. You feel lighter, energized and happy.

The benefit to doing what you can to feel good about yourself and be happy can give you more health benefits. When you're happy and you have a positive outlook in life, you'll take better care of yourself physically.

When a person is not happy, negative emotions can affect whether or not they're proactive with their health. So then they end up feeling bad physically, which pours right back into feeling bad emotionally.

The key is to spend time every day doing things that you really like to do. This might be exercise, a hobby, or spending time with friends or family. When you do activities or take action that makes you feel happy, this boosts your health and fights back against aging.

Whether or not you're happy can impact all areas of your life. Happiness makes it easier to do whatever your day to day tasks are. You'll look forward to the mornings instead of dreading them.

You'll have pep in your step rather than dreading the dawning of each new day. When you're happier, you tend to invest in yourself because happiness is also tied in with a higher level of self-esteem.

Happiness leads people to be more active than people who feel down. This mood can continue as you grow older and you'll make choices that will lend itself toward the kind of lifestyle that's proactive against aging, too.

People who aren't happy tend to move slower. They don't move as fast going through day to day activities or when walking. The moods that someone feels tends to affect how they walk and the speed of the walk.

As you age, your physical ability slows down, but people who make it a choice to be proactive about happiness don't lose their speed as quickly as people who aren't happy.

Studies have shown that people who are happy in life have a longer life expectancy. Better health is found among people who are well off financially, have a good education, are in a committed relationship and have a job or career they enjoy. Worse health is found in people who aren't dismal about life.

## **Can Inversion Therapy Boost Your Brain Power?**

Inversion therapy has been around in medical circles for many years. It's often prescribed as a way to help alleviate back pain. But in the course of treating back pain, studies found that the therapy offered plenty of other benefits as well.

One of these benefits was an improvement in circulation. Your body must have oxygen in order to do all of thousands of tasks that it does internally every single day. The way that oxygen is delivered is through your blood supplied to the organs.

It's easier for the body to pump oxygen rich blood to the lower part of your body - not so much to the upper portions of the body, because the blood is having to fight against gravity.

This means that it's not easy for the blood to get pumped to your brain. But, when you're using inversion therapy, the blood flows easier to your brain. When you have an easier blood flow, the circulation level is increased, which in turn reduces the mental impairment associated with age.

Not only can inversion therapy boost your brain power, but it can also help improve your body's core muscle strength and improve your moods. The way to fight back against aging and its effect on the brain's ability to function is by making sure your brain has the amount of blood flow it must have.

Inversion therapy is a way to give that blood flow to your brain. This type of therapy means that you'll reverse the pull of gravity on your body by putting your head in the opposite position that it would normally be in.

You'll actually be upside down. The way that you accomplish this is easy. You can lie down at an angle so that blood is going to your head. For this, you can use a bed, a sofa or an inversion table.

Inversion therapy helps fight depression, anxiety, and can even work to help relieve the symptoms associated with stress. By practicing inversion therapy, you can even reverse insomnia.

Your body will gain plenty of other boosts, such as greater energy because of the blood flow that your brain is receiving. When your brain doesn't have to fight the pull of gravity to get the blood flow that it needs, you can improve your brain's ability to think by as much as 14%.

You'll experience an easier ability to focus, better memory recall and improved mental clarity overall. When you use inversion therapy, the boost of blood flow to the brain can help fight against dementia as well as to fight against the effects of mental aging. Some of the most common methods with inversion therapy are upside down poses in yoga, using a yoga sling, an inversion table or gravity boots.

### **Five Day Fasting for Better Metabolic Health:**

Fasting has been a health and anti-aging method for centuries. Not only does a five day fast provide a boost to the immune system, but it also reduces your risk of cancer and cardiovascular diseases.

A five day fasting plan was recently introduced which doesn't completely cut out all food, but restricts calories to either a third or half of your usual daily consumption for five days.

Improving your metabolic health by fasting can give your body a boost, which will slow the aging process and help you enjoy long term health benefits by regenerating the complete immune system.

But, complete (no food at all) fasting can be dangerous and few people can stick to a long term fast of eating nothing. You can choose a fasting diet which restricts calories, but triggers the same results in your body that a complete fast can do.



A new fasting diet has emerged through many studies which can have the same effect as all-food restricted fasting. Named “Fasting Mimicking Diet (FMD),” this diet involves following the diet plan for five full days per month and then eating what you want the remainder of the month.

The diet consists of the following caloric and nutrition input:

Day 1: 1,090 calories (10% protein; 56% fat; 34% carbohydrates)

Day 2 through 5: 725 calories (9% protein; 44% fat; 34% carbohydrates)

The amazing results for this diet plan on a group of people indicated that within three months, the group had reduced bio-markers connected to cancer, heart disease, diabetes, and aging.

The people had also reduced overall body fat and lost unwanted pounds. The study also had the participants eat as they usually did on the remaining 25 days of the month. They were not to change their diet habits at all – good or bad - they ate as they normally would.

Positive results were achieved and maintained even after the end of the 25 day period. A same study conducted on young mice with the equivalent of the restricted diet fed to humans showed a regeneration of the stem cells in the organs.

During this time, the brain created new neurons which tend to improve learning ability and memory. When the same study was conducted on middle-aged mice, the results showed the immune system was boosted, cancer risk factors and inflammatory conditions were lowered and the cognitive abilities of the mice were improved.

Researchers believe the FMD plan virtually tricks the body into a slower aging process by reprogramming it and rejuvenating stem cells. For those who can't stick to a complete no-food fasting program, this plan has been found to have the same results and is much easier to complete.

## **Get Better at Regulating Your Energy as You Age:**

One of the most consistent complaints of aging is the lack of energy. Age and fatigue just seems to be synonymous – so what is the connection – and is there anything we can do about it?

One recent report that's good news about aging and energy indicates there are things we can do to boost our energy levels as we age. The Harvard Medical School Special Health Report, "Boosting Your Energy," presents a plan to regulate your energy levels at any age.

Some of the steps on the plan include:

Get stress under control. Stress is the most common reason for chronic fatigue. If you have trouble controlling stress, try seeing a therapist or chatting with a trusted friend. Relaxation techniques such as yoga, tai chi and meditation also work wonders.

Say "no" to more obligations. Some of us are stressed because we have too much on our plates. Learning to say "no" rather than "yes" to every volunteer job, social activity or work project is one of the best ways to restore your energy levels.

Exercise on a regular basis. When we exercise, we inundate our bodies with fuel for energy to do more. You'll also be building capillaries, the blood vessels which carry oxygen to the cells. Exercise also creates the stress hormones, norepinephrine and epinephrine, that help us feel more energized.

Get enough sleep. The aging population often complains of lack of sleep as part of the reasons for lack of energy during the day. It's best to use natural methods rather than sleeping pills. Changing your lifestyle such as drinking less alcohol during the evening hours and avoiding heavy meals before bedtime can enhance your sleep experience.

Spend your energy wisely. Spend some time setting goals that will bring enjoyment to your life and fill your mind with determination to meet the goals. Prioritize your days so that you'll feel a sense of accomplishment when the day is over.

Adopt an energy-inducing diet. Diet becomes even more important as you age. Energy foods such as fruits and vegetables are paramount to maintaining energy and keeping your body healthy so it's ready to meet the challenges of aging.

Sometimes aging is more a state-of-mind than the state of our bodies. Find something you enjoy doing and make sure you prioritize those activities into your daily plans. Surround yourself with positive people who enjoy doing some of the things you love and you'll be more energetic and ready to meet life head on.

## **Getting to the Root of Your Brain Fog Condition:**

Brain fog means that you're experiencing brain fatigue, confusion or an inability to think straight. It's also been called fuzzy or foggy brain. Having some times in life where you can't remember if you locked the door or can't remember why you walked into a room is common.

What's not common is when these times of forgetfulness happen often. There are times when experiencing brain fog can be tied to a health condition. Going through menopause can cause an increase in brain fog.

So can higher glucose levels, chemotherapy, or high blood pressure. No one enjoys having these moments where they feel as if their brain has blipped. Sometimes, when it happens, it's really nothing to worry about.

However, there are times, when this brain fog hints at a more serious development that should be evaluated. Sometimes, brain fog can be a result of stress overload.

You can get stressed out with everything that you have to take care of and your brain simply can't handle all that you're giving it. So what it does is try to hold on to what's important and push out what's not.

Not only can stress cause brain fog, but so can starting the beginning stages of menopause because of the changes in hormones. When the brain fog moments are linked to specific situations, it's not anything to be worried about.

If you know you've been going through a bout of insomnia, that can cause trouble with mental clarity. If you're having high or low blood sugar, that can cause it. So can not getting the right nutrients.

Those types of brain fog always get better and your mental clarity rights itself. But sometimes, brain fog is caused by a health condition. It can be mental - such as emotional distress caused by trauma, depression, bipolar, ADHD, age related dementia, Alzheimer's or other brain problems.

When you're worried about your brain fog, it can cause you to feel stressed, which in turn can make the brain fog even worse. Before you fret, see if any of the known brain fog conditions fit what's going on in your life.

Stress and trying to do too many things can cause brain fog. Getting sidetracked by overloading your schedule so much that you can't take a break is another cause.

Some people experience fatigue. This is different from normal tiredness. This is being tired to the point of exhaustion. While this can be caused by doing too much, it can also

be related to a health problem such as the adrenal glands not producing enough of a hormone.

This should be checked if you're experiencing extreme fatigue on top of brain fog. Not getting enough sleep and not really resting once you do go to sleep can lead to brain fog.

A lack of sleep affects your mental clarity, your glucose level and your ability to react to stress. Poor nutrition, inflammation and not getting enough exercise can cause brain fog.

When you don't eat right, your body doesn't have the valuable nutrients it needs for the brain to be able to function well. Exercise helps the body be able to move oxygen through the blood vessels easier.

It enables the heart to pump the blood to the brain better. Toxicity caused by environmental toxins can also cause brain fog. If you're experiencing brain fog, you'll want to find out what's causing it.

Get a complete CBC done as well as have your adrenal gland and your thyroid gland checked out. If you're going through menopause, get your hormone levels checked.

Be proactive about your health for anything that can be linked to brain fog - such as aging. Take supplements that fight aging even if you're young. It's never too soon to fight against mental impairment.

### **Granzyme B Study Accidentally Reveals Anti-Wrinkle Remedy:**

Amazing scientific and medical revelations are sometimes found completely by accident – especially in the realm of scientific research. One such recent “accident” happened at the University of British Columbia while researchers were studying deterioration of mice blood vessels.

A unique enzyme named Granzyme B was lacking in one group of mice and the others were engineered with the enzyme in their systems. At the end of the study, those mice that had a lack of Granzyme B also displayed perfectly smooth and non-wrinkled skin.

The other group showed signs of aging. Granzyme B is a “serine protease” enzyme – able to break down other proteins in the body. It's created and released by the immune cells in the body called NK and cytotoxic T-cells and has several functions within the body.

But when the enzyme is secreted, they also break down ECM (extracellular matrix), certain types of proteins and molecules which fill spaces between cells and may activate the skin's aging process.

Other tests were conducted which included some mice (with normal levels of Granzyme B) being exposed several times per week to a number of minutes of UV light and another group of mice which lacked the Granzyme B enzyme.

The study was conducted for 20 weeks and at the end of that time, the mice that lacked the enzyme were found to have wrinkle-free skin and those with the enzyme had new wrinkles.

The conclusion of that study was that Granzyme B levels are increased by sunlight, which then reduces the levels of collagen and wrinkles begin to develop as a result. This can also happen when your skin cells are infected by a virus or when they form cancer mutations, which are immediately eradicated if you have a healthy immune system.

Immune cells use the Granzyme B enzyme to make skin cells self-destruct – a body procedure called 'apoptosis.' These levels naturally increase after exposure to the sun. While Granzyme B is thought to cause wrinkling of the skin, it still plays an important role in our immune systems, so we don't want to get rid of it altogether.

But, there are natural and synthetic topical treatments which inhibit Granzyme B, which will help keep your skin supple and wrinkle-free without interfering with the body's natural immune functions.

That's not all the good news about Granzyme B inhibitors. Studies are being conducted to see if the inhibitors could also help to prevent damage of the skin resulting from photosensitivity – and help prevent scarring. The aging of blood vessels is also being studied as a way to prevent aneurysms.

## **Hearing Aids Require a Retraining of the Hearing Process:**

There are hair cells within your ear that enable you to hear. As you grow older, these cells can become damaged and they don't regenerate. When you lose these cells, you lose the ability to hear clearly and sometimes at all.

Some of the warning signs that you're experiencing hearing loss include struggling to hear conversations that are taking place, feeling the need to ask someone to speak up or to repeat what they just said.

Sounds can seem distorted. At times, you might feel they're too loud. When there are other things going on in the background, you can't hear what others are saying. Sometimes age related hearing loss can be accompanied by tinnitus, which is a ringing in the ear.

You can replace hearing that's lost by the use of a hearing aid but you can't just buy them and expect that you can go on your way. Hearing aids mean that you have to learn how to adjust to life with these devices because you will hear differently with the use of them.

A hearing aid uses a microphone to get sound. Once it gets the sound, it changes the sound into a signal. The signal then goes to an amplifier. You hear these sound waves because of the hearing aid's speaker.

When you get hearing aid, there are some tips you can follow to make the transition less stressful. Expect that there will be a period of adjustment. Your ears have to get used to being able to hear clearly again and things may seem abnormally loud.

Wear the hearing aid for short periods of time, increasing the time every day. During this period, you may need to have adjustments made to the aid in order to get the sounds as they should be heard.

You might not be completely comfortable when you first use the hearing aid. This is normal. Your ears have to adjust just like you have to adjust whenever you get a new pair of glasses.

Today's hearing aids can automatically adjust the volume so that you don't have to constantly change it depending on your surroundings. If you decide to change the volume, be careful that you don't set it too high.

This can cause sound distortion. Wearing a hearing aid can make it easier to hear conversations. Before you received your hearing aid, you may have started moving in closer to people in order to hear.

Now that you have it, you'll have to adjust to hearing the volume at which others speak especially if you're with a group of people. You'll have to relearn how to tell sounds apart once you get a hearing aid because when you first get one, all the sounds will blend together, including background noise.

It will take time for the brain to relearn how to differentiate between background noise and what you're trying to focus on listening to. It may take a few weeks for this adjustment.

When you have a hearing aid, you'll need to learn how to adjust to the way different places will sound. What you hear while walking outside at the park might sound like the perfect volume.

But then you step inside an enclosed space and the acoustics change how you'll hear things. In a closed room, this can be overwhelmingly loud. You'll want to change where you sit in proportion to where the speakers or sound system is.

This might mean sitting in the middle of the room instead of up front. You'll have to relearn to speak in a normal tone of voice. When people experience hearing loss, they can't hear how loud they sound.

If you're someone who uses a cell phone often, you'll want a hearing aid that's compatible with a cell phone. You might end up having to get a new cell phone if yours isn't hearing aid compatible.

Don't mix dampness and your hearing aid. This can damage the technology. Once you shower or take a bath, you'll want to wait at least twenty minutes before you put in your hearing aid.

When you purchase your hearing aid, ask whether or not comes with a telecoil. This is an option with many hearing aids but this coil picks up magnetic signals easier because it acts as an antenna. These are helpful in places like theaters, auditoriums, churches and more.

### **How Caloric Restriction Contributes to Your Longevity:**

Of all the things we can do for ourselves to prevent aging problems, cutting calories rates at the top of the game. Recent strides in understanding genetics and the biochemistry of aging has revealed that the best way to add years onto your life expectancy is to restrict calories that put on weight and age the body and mind.

Since most people have a problem with sticking to a highly caloric restricted diet for more than a few days, further research reveals that intermittent fasting can offer the same results as caloric restriction, but able to complete with less discipline.

With this plan, you can practice fasting for three to five days at a time and the benefits of restricting calories on a daily basis continue – even though it's not a good method to lose weight.

Most people tend to compensate for the three to five days of fasting by gorging on food after the fast and gain all the weight back. Another plan that seems to have more lasting benefits of weight loss is caloric restriction for five days and then resuming your normal diet plan.

You don't feel that you're starving and aren't uncomfortable – and maintain your normal energy level. Most researchers agree that calories are the single ingredient, which indicates whether a person will live a long life – or not.

If you're getting the necessary nutrients, caloric restriction can extend your life, help you lose unwanted weight and prevent or slow down some debilitating diseases. A diet designed to provide the nutrients you need to increase longevity will include restricting protein and consuming fat calories.

On day one of the calorie restricted, 5 day diet plan, 1,090 calories are consumed and on days 2 through 5, 725 calories are consumed. So, the diet tends to be mostly fat. Avocados (2 per day) are recommended on this short diet plan.

In studies using middle-aged mice who were given the calorie restricted diet for 4 days, two times per month, lived up to 11% longer than mice who were fed the calorie-restricted diet plan.

Another unexpected advantage of the mice-test was that their cognitive and memory levels were increased and they kept more lean muscle mass and less visceral fat. The mice tended to perform on a higher, more energetic level and had lower fasting blood sugar.

More studies are being conducted to see if a calorie restricted diet can work for humans to increase longevity and help prevent age-related diseases such as arthritis, heart disease, strokes and type-2 diabetes.



## **How to Achieve Better Brain Function:**

You may have experienced times when you can't remember what you were about to do. Maybe you've experienced struggles to recall specific events or people. It can be too easy to pass this lack of mental clarity off as just part of life - especially if you're growing older.

But if you're having problems of any kind with mental clarity, that's not normal - regardless of how old you are. There are many reasons people struggle with their thinking processes.

Sometimes, health issues can play a role in the inability to remember certain things. While it's true that your family genetics do play a part, there's no reason that you can't be as sharp minded as you once were.

The key is found in not accepting a lack of mental clarity as something that happens and become proactive to achieve a better brain function. You want to start with what you put into your body.

The way that you eat and what you eat can help fight back against the things that can derail your brain's ability to function. By eating right nutritionally, you can fight inflammation that can cause cognitive slow down.

When you're eating foods that are good for your body, it also helps your body to be able to use the insulin produced. Besides making sure you have the right nutritional intake, you want to make sure that you stay active.

How you stay active is as important as making sure you do. Regular exercise, while helpful, doesn't give your brain the same boost that getting involved in HITT or High Intensity Interval Training does.

When you move, give your brain a break. When you have to concentrate for long periods of time, your brain can't function as well. Take breaks, go for walks. Brain function also benefits from a form of meditation.

When you meditate, you clear all of the things clamoring for attention. Because it can be so easy to become overloaded mentally in today's busy world, taking the time to focus can help to improve not only your memory, but all your cognitive function as well.

Even if you can only do a few minutes a day, you'll still reap the benefits of meditation. You might have heard that you need to get plenty of sleep to help your brain function well.

This advice is true. When you sleep, your brain gets to decompress. This rest allows your brain to relax and to get rid of waste products.

Taking a supplement to improve sleep and brain function can also help. These supplements can boost energy and mental clarity.

### **How to Adjust Your Life to Avoid Metabolic Syndrome:**

With a metabolic syndrome diagnosis, it's imperative that you make some lifestyle adjustments to avoid the development of serious diseases which can interfere with your lifestyle and shorten your lifespan.

If you've lived a life of inactivity and are obese, you're likely to develop metabolic syndrome. Metabolic syndrome is linked to insulin resistance, which stems from your digestive system's inability to break down the foods you eat and produce sugar (glucose).

The result in this inability is that your glucose levels rise because your body can't control the glucose and keeps secreting more insulin. When your body becomes unable to produce enough insulin to keep the glucose at normal levels, diabetes may develop.

When you're given a diagnosis of metabolic syndrome from your health care provider, it means that you have several conditions at once – high blood sugar, excess fat surrounding the waist, abnormal cholesterol levels and high blood pressure.

All of these conditions, when occurring at the same time, can increase your risk of heart disease, diabetes and stroke – but being diagnosed with one of the conditions doesn't indicate that you have metabolic syndrome.

It does, however, mean that you're at greater risk for these diseases. You're at risk for metabolic syndrome if you fit into one or all of the categories below:

- \* Over the age of 60
- \* Hispanic or Asian
- \* Diabetes during pregnancy or a family history of type 2 diabetes
- \* Have or had nonalcoholic fatty liver disease, polycystic ovary syndrome or cardiovascular disease
- \* Obesity (especially fat around the stomach area)

You can make aggressive changes in your lifestyle to prevent these metabolic syndrome diseases by adjusting your diet and exercise to lose weight and lower the harmful levels causing the problems.

Seniors should be on the lookout for symptoms of metabolic syndrome to avoid developing serious health problems. A low-caloric and low-carbohydrate diet plan can help you lose weight and a good regimen of exercise can help sculpt your body back into shape and burn the calories you do consume.

Include cardiovascular and stretching exercises for an overall workout of the body's muscles and for good bone health. See your health-care provider for a metabolic syndrome test if you have the symptoms of increased thirst, frequent urination, extreme fatigue and blurred vision. Also see your doctor if you have a large waist circumference. An "apple" shape of the body usually indicates a metabolic problem.

### **How Type 2 Diabetes Is Affecting Your Mind:**

Type 2 diabetes has become so common place now, with over 20 million people having the disease, that it can be easy to overlook how it affects the body. Besides putting those who have the condition at risk of heart attacks, blindness and amputation caused from poor blood flow, diabetes also affects the mind.

The reason that diabetes can cause someone to struggle with mental clarity is because the higher glucose levels impede the circulatory system. The higher the glucose levels, the higher the risk becomes.

One of the risks with diabetes is narrowing of the blood vessels. When the blood vessels become narrowed, there's a greater risk of inflammation as well as less blood flow.

This affects all of the body's organs - especially the brain. Being diagnosed with diabetes means that you don't have the same quality of blood control that someone without the disease has.

Your brain won't receive the amount of blood flow that it needs to have the sharpest cognitive skills that it could and should have in order to function at its top level. When you're busy doing something, your brain sends the blood wherever it's needed in the cerebellum.

This means that when you're working on a project physically or mentally, you'll be at a disadvantage. Your ability to reason and perform certain things will be impaired because you won't have the proper amount of blood flow that you need to have.

Long term, diabetes can significantly impair your ability to perform problem solving thinking tasks as well as impede your brain's ability to remember things. The higher levels of glucose in the blood directly affect the brain - not just because of a lack of proper blood flow, but also because of the inflammation.

The inflammation is just as damaging to your brain's cells as the lack of proper blood flow is. The tough side to this is that even if you watch your blood sugar levels, you can still experience cognitive and memory impairment.

The amount of blood flow that your brain is forced to perform without can be higher than 50%. Some studies have pegged the loss of blood flow as much as 65%. This decrease can cause you to struggle to make decisions.

It can cause you to have sudden lapses in memory and give you the inability to accomplish day to day tasks. You can also experience more brain aging than people who don't have diabetes.

It's important that if you have diabetes, you take steps to prevent or improve problems with blood flow. Make sure that you eat well to help keep the inflammation down. Get plenty of exercise and sleep.

### **Low Carb Diets Reduce Inflammation and Fatigue Symptoms as You Age:**

Inflammatory diseases and fatigue are constant complaints among the aging population. As medical researchers continually work on this problem, new information has been discovered regarding diets and which work best to reduce inflammation and fatigue symptoms.

The expectation during tests of low-fat versus low-carb diets was that the low fat diet would improve health conditions – but in reality, just the opposite was found to be true. Acute, positive changes were found in the fatty acid composition and inflammation when the persons consumed a very low carbohydrate diet.

The low-fat diet group actually experienced an increase in saturated fat in the bloodstream, indicating that a low fat diet can lead to trouble with the metabolic system and overall health.

This unexpected result came as a shock to researchers and made them rethink the low-fat diet recommendation that had been perpetuated for years.

Now, new research about low-carb versus low-fat diet plans indicates that the low-carb approach improves each area of metabolic syndrome.

Metabolic syndrome can cause obesity, high blood sugar (leading to diabetes), hypertension, high triglycerides and lower HDL (good) cholesterol leading to heart disease and stroke.

The old message to patients was to drastically cut down on fats, but now they realize that a low-carbohydrate diet plan is a better way to live a health life and to reduce inflammation and fatigue which often accompany the aging process.

One very preventable disease with a low-carb diet is “hyperinsulinemia” which causes diabetes and obesity – and leads to a plethora of other very preventable diseases that involve inflammation and fatigue.

The low-carb diet improves the blood lipids (cholesterol) and the nutritional approach of the diet plan can help lose unwanted pounds. One major factor found in the importance of adhering to a low carbohydrate diet as you age is in the stimulation of insulin secretion.

This process helps reduce and manage many diseases associated with the dreaded metabolic syndrome. What your body does with the food you consume is key to the low-carb diet approach and the latest studies show that your body will have more control with low carbohydrates rather than low-fat consumption.

Ask your health-care provider about a low-carb diet approach if you’re experiencing some of the symptoms of metabolic syndrome. A simple blood test by your health-care provider can quickly discern whether you might benefit from the low-carb diet plan.

### **Lymphatic Massage Cures Fatigue and Restores Energy:**

Everyone loves a massage – but, did you know that a specialized massage can help restore your energy and banish fatigue? Entertainer, Bob Hope, once said that the key to his longevity (he died at a vibrant 100 years old) was getting a massage once per day.

We can’t all afford a professional massage once per day, but it is a therapeutic process we should engage in as often as possible. Massage has been used for centuries as a medical procedure (rather than a pampering session) to maintain physical and mental health to promote healthy and positive aging.

After a good massage, we usually experience an overall feeling of wellness – both physically and psychologically. Massage therapy should definitely be considered in the steps we take to prevent aging.

A good massage therapist can provide a lymphatic massage that will have benefits galore, including the following:

Massages improve circulation. The circulatory system contains your complete lymphatic and cardiovascular system. Massage can remove waste and boost your immune system by removing excess fluids, dead blood cells, toxins, pathogens and possible cancer cells.

It reduces stress. So many health-related issues stem from stress. Massage can help decrease your heart rate, regulate your breathing and lower blood pressure while improving cardiovascular problems and lowering depression and anxiety.

It boosts the immune system. A regular massage can boost the immune system by increasing your serotonin levels and your cellular immune profile which can help be effective in combating diseases.

One interesting study showed that a simple leg massage increases the peptides which fight bacteria – and this is known for reinforcing a healthy immune system and helping you stay well.

It helps with muscle strain. Athletes, in particular, know how effective a massage can be on reducing muscle strain and pain from workouts and musculoskeletal problems. A massage is a natural treatment which can help anyone recover from some injuries in a shorter amount of time and it beats having to take medications, injections or have invasive surgery.

It improves posture. Remember your mom always telling you to “sit up straight?” It wasn’t only to make you look better. Poor posture causes muscle problems such as allowing them to wither and also become shorter and tighter. This can increase the stress on your nervous system as well as circulatory and digestive systems.

The increased movement and flexibility you’ll experience after massage therapy helps you improve your appearance, move faster and with more accuracy and relax so that stress seems to evaporate. Feel good, look better and improve your health – with a therapeutic massage.

## **Macronutrient Ratios Determine Your Overall Health:**

It doesn't take a medical scientist to explain why the ratio of macronutrients (rather than caloric intake) can determine your metabolic health and longevity. What are macronutrients and how does the ratio make such a difference in our health?

Macronutrients are the nutrients which are contained in the calories. There are three types of macronutrients – protein, fat and carbohydrates. Each gram of these macronutrients contains a different number of calories.

So, it doesn't really matter what your intake of calories are – but what micronutrients are in the calories. A good weight loss program isn't based on skipping the fat and getting plenty of carbs and protein, but the percentage of the three macronutrients contained in the calories you consume.

For example, a low carb, high fat diet plan might contain 70% fat calories, 25% protein calorie and 5% carb calories. But, that's not the only choice that can help you lose weight and have an impact on your overall health.

There are three things to look for in successful macronutrient ratios that will help you lose weight:

1. Long-term satisfaction after meals – If you eat a “low calorie” meal which isn't satisfying, you'll likely overeat later on. To stop this eating trigger, the macronutrients you consume should contain more fat and protein for the satisfaction effect.
2. Getting plenty of vitamins and minerals – If you're not getting the proper amount of needed vitamins and minerals, you'll overeat in (your body's) an attempt to find them. Eat foods which are rich in vitamins and other nutrients.
3. Regulation of hormones – If your hormones aren't functioning properly, neither will your body. Hormones signal your body when to store fat, trigger your hunger and release fat. Some macronutrients initiate a stronger response from hormones than others. For example, protein and carbs make your body experience an insulin release – fat doesn't have the same effect.

There's no one macronutrient ratio that works better than another. Everyone is different – and if you want to maintain a healthy weight and improve your overall health, you should enjoy various ratios, depending on your health goals.

A low carb/high fat macronutrient ratio might work well for one person who is very overweight, but may not work as well for someone who wants to exercise more to reach workout goals.

The key to choosing macronutrient ratios according to where you are in your weight and health goals is to understand your own body. One way to do this is to submit to lifestyle tests such as blood work and fitness. Work with your health-care provider to choose a diet plan that's best for you.

### **Myths About Happiness and Aging:**

Studies have shown that there's a strong link between your happiness and aging. People who are happy don't age as fast as people who just don't enjoy their lives. One of the reasons for this is because people who are happier tend to be healthier than people who aren't.

They're healthier because they're proactive with their lives rather than simply accepting what will be will be. They don't give in to all the myths about happiness and aging. There are a lot of common myths floating around about aging and far too many people buy into these myths as the truth.

One of the myths is that there's nothing you can do about your body's aging. This isn't true. There are plenty of things you can do to make sure you help protect the length of your telomeres, which are a good indicator of your lifespan.

You can protect the length by eating right, exercising, getting rid of stress and focusing on things you enjoy and that make you happy in life. Another common myth is that as you grow older, you'll experience worsening emotional health.

This isn't true. You can be proactive and do things that make you happy. It's also a myth that once you grow older, you should retire because you're no longer as desirable to employers as younger people are.

Keeping a part time job can be beneficial to older people because of the social interaction and the boost in happiness. There are plenty of employers who are looking for older people because they know older employees are more mature and less likely to blow off showing up for work.

Getting older equals become crabby or negative is a myth. Older people don't automatically become snappish and unhappy. As you get older, you're going to have trouble with your cholesterol and your blood pressure is another myth people buy into.



Happiness is what affects your health, which in turn affects your aging. Happier people have lower blood pressure and tend to take better care of themselves, which means better cholesterol management.

It's a myth that growing older means you can't have plenty of experiences, both extraordinary and ordinary. As someone who's growing older, you know the value of the big moments and the little moments in life.

You know that it doesn't take a lot to be happy, that you can find enjoyment in all areas of your life. A myth about aging says that when you grow older, you need to start limiting what you do.

They say you shouldn't travel and you shouldn't get involved in activities like volunteering, mentoring or teaching. But growing older gives you a great opportunity to travel, to start a second career and to do things you enjoy.

It's a myth that you need to be careful with your body as you get older, that because you're aging, you shouldn't engage in cardio or high intensity workouts. You can exercise and you can exercise heartily.

Many older people discover that they can get in better health in their 60s than they were in when they were in their 20s. Exercising can prevent cells from dying off. Be as active as you can be.

Another myth is that you should spend most of your free time with your family. Limiting social interaction isn't good. You need to have a circle of friends outside of your family. People who do this find that it boosts their happiness level.

It's a myth that you shouldn't engage in group activities. Getting involved in regularly scheduled activities with other people not only helps prevent cognitive decline, but staves off loneliness and boosts happiness.

When you get older, it's too late to be in a committed relationship if you're not already is a myth. Having someone in your life that you can partner with can raise your level of happiness.

You should just live however you want with no goals in mind is a myth. When you have a reason or a sense of purpose to your days, it can raise your level of enjoyment out of life - especially if you're helping do something for others such as volunteering to help tutor teens or serving food to the homeless.

Other common myths are that it's too late to give up a bad habit such as smoking or excessive alcohol consumption. It's too late to start exercising. It's too late to change your life. It's okay to let yourself go. It's never too late to reach for happiness and in the process extend your life expectancy.

## **Normal Versus Abnormal Vision Changes as You Age:**

As you grow older, it's normal to experience some vision loss. Like everything else in your body, your eyes will go through changes. Many of these changes will be subtle and you'll simply adjust to them as you age.

You might start noticing that your pupils aren't as big as they used to be. This is a normal change in your eyes. What it means to you is that the response time of your eyes when you go outside in the sun is going to take longer.

So you might notice that you're squinting more often and the sunlight is bothering you. Being in a room where the walls are white can bother your eyes. This is from the glare. You might also start to experience trouble when you're out driving after dark.

The physical changes that take place in your eyes can start as early as in your 60s. Even if you have 20/20 vision now, as you age, you'll lose that ability to see as clearly. What usually happens is that by the time you're in your forties, you might start noticing that you can't hold a book up close to read any more.

You'll find yourself either holding the book down at arm's length or reading over the tops of your glasses because closer items are too hard to focus on. This is one of the reasons that eye doctors recommend people get bifocals.

These give people both the distance and the near vision that they need in one set of glasses. You might start struggling to be able to differentiate between certain colors. You may also start to develop floaters.

While you can develop floaters even in your early twenties, as you age, they can multiply. Even if you have floaters, these usually don't take away any of your ability to see and these are part of normal vision changes.

However, if you have a rapid onset of floaters or there's a noticeable increase, that can signify a problem and you need to be evaluated by an eye doctor. Losing some of your peripheral vision can also happen as you grow older.

This can sometimes interfere with the ability to do certain tasks such as driving. Sudden peripheral vision should be checked out. Another common problem with vision is limited vision mobility due to loss of strength in the eye muscles.

The muscles simply get too weak to move the eye around the way it once did. Experiencing problems producing enough moisture is a common condition when you get older. However, if you do have dry eyes, you want to treat it because dry eyes can lead to infection that can damage your vision.

If you have black spots that remain fixed in any area of your vision, this is not a normal change and should be evaluated. Cataracts is not a normal vision change. Neither is ocular hypertension. High pressure numbers in your eyes can lead to detached retinas or nerve damage.

### **Setting New Goals for Your Happiness as You Age:**

When you're young, your goal is often to graduate college, find a well-paying career, get into a committed relationship, buy a house and start a family. Along this road, the young hope for financial stability, recognition and happiness.

For some young people, they want a life of adventure with no ties. They want to backpack across Europe and find their way as they go. When you're young, the goals are often big.

Growing older, those goals all change. By the time you're an older adult, you've already had or still have the career, you have the relationship, the house and the family. You've accomplished your goals, you've achieved what you dreamed about doing.

Once you've done this, you might discover that you're not feeling the same happiness you once had. The reason for this is because you need to have new goals to strive for regardless of your age.

Seeking out goals and reaching for dreams gives a person a sense of purpose, which is tied in to a greater level of happiness. You need to have goals for your happiness as you get older.

Even if they're not as big and even if you don't pursue them with the same fervor a young person has, you still need goals. You can set goals and dream of what you want to happen and you should.

Having goals helps you feel younger emotionally and mentally and helps you be happier. The key is found in having focused goals. Some older people have simpler goals like getting started in exercising or moving closer to the grandkids.

Others have goals that are based on things they feel they missed in life. Maybe you're always wanted to be an actor but life took some twists and turns and you never fulfilled that dream.

You can set a new goal and fulfill a dream by getting involved in community theater. Perhaps you've always wanted to lose weight but never seemed to have the time or energy.

You can start small, focus on a pound or two a week. Join a group so that you have support and social interaction as well. If you've always wanted to write a novel and dreamed about that, but haven't started yet, it's not too late.

Begin by joining a local writers' group. Learn the craft and set writing goals such as a certain word count or page count a day. You have to know what your goals are and what your dreams are before you can do anything about them.

Ask yourself what moves you, what you're passionate about, what thing or things you regret not having done. In the answer to those questions, you'll find the goals that you need to work on.

You don't want to look back on your life and feel depressed about what you didn't do and what you feel you missed out. Instead, look at today as a clean slate. You can start now and you have an edge over younger people. You're far more mature, you're already settled in life and you have more resources that you can turn to in order to meet your goals.

### **Slowing Glycation to Prevent the Development of Wrinkles:**

Glycation is the term used by scientists to explain the process of wrinkling. Scientifically explained, it's the cross linking of protein molecules with sugar molecules to form new sugar proteins called AGE's (Advanced Glycation End products).

Skin professionals are familiar with the term because the glycation process can affect the skin by making it wrinkle and age. As you age, the body produces more AGE's according to the amount of sugar (processed or natural) you consume.

AGE's affect the collagen (elasticity) of the delicate cells of the skin and causes stiffness, loss of elasticity and ultimate wrinkling of the skin. Although you can't completely stop the glycation process, you can take steps to minimize its effects.

You can slow the glycation process and prevent wrinkles from destroying your youthful appearance and vitality. It's obvious that eating fewer sugars and carbohydrates can help slow the process of glycation – but you should know that the most harmful sugar is contained in fructose.

Fructose has the most devastating effect to your skin and the glycation process because of the method your liver uses to process it. Most cells found in your body can transform glucose into energy, but the only way that fructose can be broken down is through the liver.

The end result is an increased production of free radicals – the energy compounds which can heavily damage DNA and cells. Free radical culprits can damage the liver, heart and arteries – and your skin.

Sugars are definitely detrimental to the aging process, but another enemy of your skin and the glycation process are carbohydrates. The carbs you likely consume on a daily basis are full of sugar and starch.

Foods containing flour, grains, sugar and vegetables containing starch such as corn and potatoes are high in carbohydrates as are most processed foods. Proteins such as nuts, meat, eggs, lemons, strawberries and a variety of vegetables (especially leafy greens) are considered to be low-carb foods and much easier for your system to digest.

Some tips to slow down the damaging process of glycation include:

1. Eat more protein foods. Medical experts state that our diets should be about 35% protein.
2. Avoid sugary drinks. Besides the low nutritional value, sugary drinks leave you hungry and promote weight gain.
3. Add more veggies to your diet. Choose leafy green vegetables, stem foods (cauliflower and asparagus), fruits and root/seed (radishes and carrots).
4. Eat good fats. The good fats include coconut, avocado, olive oil, nuts, flax and chia seeds and fatty fish.
5. Choose brown, not white. Avoid potatoes, white flour, white sugar and rice and instead, choose whole grain and brown products, such as brown rice.
6. Cut your portions. Especially cut down on the high carb foods you've been eating and add more veggies and healthy fats.

Slowing the glycation process will also have many good effects on your health. You'll likely lose unwanted pounds and feel and look better from the healthy choices you make.

## **Snack Alterations for More Energy as You Age:**

As you age, it may be important to consider changing your eating habits – especially the way you snack. Healthy snacks can help boost your energy level and actually work to slow or reverse the aging process.

They can also improve your mood and digestion. Changing your snack habits might not be as bad as you think. Did you know that the top three foods which can boost your mood and energy levels include chocolate, coffee and protein-rich foods?

Here's how these three power-foods can help boost your energy and mental acuity as you age:

Chocolate – Yum! One of the most desired of foods – chocolate is now touted in studies and medical reports to be one of the best foods to reduce stress and anxiety. Snacking on chocolate (in moderation, of course) reduces cortisol, a stress hormone which is known to cause symptoms of anxiety.

It also raises serotonin and endorphin levels which are neurotransmitters produced by the brain and are effective adjusting mood and brain chemistry. These elements are so powerful that they can even prevent pain and sadness and increase mental acuity. Body reactions like ecstasy and euphoria are also increased by snacking on chocolate.

How could some of us make it without our daily quotient of morning coffee? We rise from our sleep in a fog and so mentally challenged that we sometimes stumble to the kitchen.

After drinking a steaming cup of the miracle drink, our mood is usually boosted and we're ready to face the day. Snacking on a caffeinated beverage such as a skinny latte or non-fat cappuccino can provide you with the boost of caffeine you need to boost your energy level, but keep you from the high-fat and sugar loaded alternatives.

A cup of java can be a great midday snack to enhance your mood and keep you active until it's time to slow down in the evening. But, beware – too much coffee can cause depression and make you crave unhealthy snacks.

Maintain a healthy and energetic mindset with a snack of protein such as beef, eggs, chicken or fish. It's also highly important to your body health to get enough protein in your daily diet plan.

Lack of protein can also cause multiple health problems such as muscle mass loss, immune deficiency, heart problems and respiratory concerns. An intake of about 0.8 grams of protein per kilogram of weight provides enough protein for a person who weighs about 150 pounds. Meeting your protein needs can give you the energy you need to function well as you age.

## **Spicing Up Your Food to Combat a Decrease in Aging Taste Buds:**

Your mouth has thousands of taste buds. These help you determine whether something is sweet or salty, bitter or sour. As you get older, your taste buds don't work as well so you lose some of the ability to taste the food.

This can lead to problems as you age because when something tastes bland, you don't want to eat it. It can also lead to older people not getting the right vitamins and minerals because they're not eating well.

Because so much of our lives are centered around celebrating and sharing meals with friends and loved ones, not being able to taste the foods can lead to a lack of interest in sharing meals with family or friends.

This can lead to a lack of socialization, which can then branch into depression. There are some things that you can do to combat this decrease in your taste buds. You can add more spices that you would normally use to the foods that you eat.

Among your taste buds, you have some that will react when it comes in contact with a spicy food. These taste buds are the ones connected to a nerve that will trigger your eyes to water when you're around strong smelling foods such as a freshly sliced onion.

Spice can help you be able to taste your food. You'll want to use things such as spicy red pepper flakes, chili powder, barbecue sauce, marinades, and sauces with zing such as hot sauce.

Use plenty of herbs on your foods, too. You'll also want to make sure that your zinc levels are where they should be. Have this checked and if your zinc level is low, you can either take a supplement or you can eat oysters.

Oysters are jam packed with zinc. Don't make yourself eat if you're not hungry. When you get hungry, the level of sensitivity in your taste buds is raised so it's easier for you to taste the flavors of the food that you eat.

Don't rush through meals. When you rush through meals, your taste buds don't have enough time connecting the foods that you're eating. By taking your time, you're allowing your taste buds to get more of the food's flavor.

You'll also want to check what medicines you're currently on because there are medicines that can diminish the sense of taste. Some of the medicines include drugs to treat cancer, blood pressure medicines and mood stabilizing medicines.

Give up habits that interfere with your taste buds' ability to work. One of these habits is smoking. Smoking can disrupt and even permanently damage your ability to taste foods.

## **Staying Safe as Your Sense of Touch Declines with Age:**

Your five senses are what help you navigate through and enjoy life. These senses are sight, touch, smell, taste and hearing. Not only do these senses help you enjoy life, but they work to keep you safe, too.

We begin to experience problems as we grow older because these senses become dull. When the senses become dull, it can be frustrating and lead older people to start avoiding doing the things they used to do.

When the sense of touch is affected, older people will sometimes begin to withdraw from their forms of socialization because of the loss. When the sense of touch declines, the signals that your brain get aren't as strong as they were when you had full touch sense.

Your ability to receive signals through touch is what makes you aware of when something is too hot. It also signals the brain when you need to apply more or less pressure to pick something up or to hold on to something.

The sense of touch also allows you to gauge the movement of an object. When you get older, as your sense of touch declines, it can become a safety problem. Because you won't get the proper signals through your nerve endings, you might end up holding onto something that's too hot for longer than you normally would before you let go of it.

You might end up having trouble where you lose your grip on something because the signals can't determine if you're holding on tight enough or not. The lack of sensation can cause older people to accidentally burn themselves in the tub or while cooking.

This lack of touch sensation can also put an older person in danger of getting too cold. When you don't feel pain the way that you normally would, you're at a higher risk for developing an infection from sores on the feet.

An example would be something such as a blister because you don't feel whatever is irritating the area and causing the blister. Or you could step on something that embeds itself into your foot and you wouldn't even feel it, so it stays in there and a serious complication could develop.

Losing the sharpness of your sense of touch can lead to depth perception problems, making you feel dizzy and more prone falling down. For some people as they age, they have the opposite problem with their sense of touch.

As the collagen in the skin breaks down, they get a more heightened sense of touch, which makes them feel a deeper sense of pain. To avoid problems when you do have a loss of the touch sense is to make your environment as safe as possible.



Make sure that your hot water temperature isn't hot enough so that it will cause burns. Keep it lower. Watch your thermostat in your home so that you can tell what the temperature is - don't go by your sense of touch. You might feel hot when it's actually cold.

Keep an eye on your body - especially areas where you might not normally check. Look at the bottoms of your feet, look at the bony areas where it can be easy for a pressure sore to develop. Take care of any injuries immediately and if these areas don't heal quickly, then let your doctor check them out.

### **The Good News About How the Pursuit of Happiness Changes as You Age:**

When you're young, you chase the thrills. You seek out the extraordinary life and you fight against the mundane, the everyday situations. It's easy as a young person to spend thousands of dollars on equipment designed to give you a thrill.

It's easy to spend hours, days, or months of your life chasing after what you feel fulfills you and brings you some semblance of happiness. Everyone's been there. Chasing the good time, seeking enjoyment out of life.

But the good news is that as you get older, what you want and need in order to be happy will shift into something that's not at the same level it was when you were young. You'll begin to discover that you don't have to spend tons of money in order to find fulfillment - in order to be happy.

You'll also discover that being happy doesn't take nearly as much energy or effort as you once thought it did. Maybe when you were younger, you were the one who hit the road and traveled around the world seeking extraordinary experiences.

Maybe you surrounded yourself with one experience after another to feel happy. But now that you're older, you've found that seeing the world around you through the eyes of your grandchild is what happiness is all about.

You find the same thrill, the same happiness, when you see the wonder on your grandchild's face. You feel a deep seated contentment. The extraordinary events have traded places with the ordinary events and you've learned the value of those times.

You've discovered that happiness can be found wherever you are because it can be part of life regardless of the circumstances, where you go, or who you're with. As people get older, they tend to invest in different ways.

Rather than investing their time and money chasing things and experiences to make them happy, they seek the value in the ordinary. Older people who appreciate the value of time and spending it with the people that they love find a more meaningful happiness.

When you age, you learn how to define happiness with simpler things such as a walk in the park with someone you love, versus a trip to Europe. You see the preciousness of spending time watching a grandchild's favorite movie with him over the youthful experiences of going out night after night to various ventures.

One of the reasons that older people are often happier than younger people is because older people learn not to associate happiness according to how big their experiences are.

They have a greater sense of contentment with themselves as a person and don't define happiness or life as being found in the extraordinary. They understand that the ordinary counts just as much.

### **The Move Toward Energy Building Functional Food Products:**

Getting enough vitamins and nutrients in our diets is one of the best ways to prevent the harmful effects of aging. Another problem of the aging process is the lack of energy to do and complete what makes us happy.

Energy building, functional food products such as the Vitamin D fortified milk we have today is one early example of how a food, which is highly consumed, can provide us with countless benefits.

While milk was fortified back in the '30s to alleviate devastating diseases such as rickets, today foods can be fortified with elements to meet more modern day challenges such as aging and relaxation.

For example, consuming a cup of brewed, green tea can provide much needed antioxidants to our bodies and promote the healthy functioning of our immune systems. Dairy seems to be the preferred method of adding functional food ingredients to our present diets.

One company, 3D Dairy Foods (3D stand for 'Dairy Done Different') is attempting to increase the already-healthy options contained in dairy products with even more options to address the problems of diabetes, cardiovascular, bone and joint, brain, digestive, obesity and the aging process.

Steve King, founder of 3D Dairy Foods in Milwaukee, Wisconsin, is targeting his vision to create more healthy versions of foods we likely eat on a daily basis such as cottage cheese and yogurt.

Labeled, Cheeserts (nutritious dessert) and Cheenaks (nutritious snack), King didn't want to identify his products with the off-putting name of "cottage cheese," so he invented another, more appealing name for the products.

Some of these energy-building functional food products are enhanced with a myriad of vitamins, including A, B, C, D and E – derived from concentrates of such nutritious foods as apples, cranberries, oranges, blueberries and shitake mushrooms.

Enhanced health and decreased calories tend to be the most desired object of creating functional food products and a recent study indicated North America to be the largest market for these future power-foods.

Taste and healthy benefits are the main reason people purchase foods, and studies by the International Food Information Council (IFIC) indicates that consumers are looking for foods containing fiber, calcium and protein – but taste still leads as the number one reason consumers purchase a certain brand or type of food.

These functional food products appeal to the aging population because of the concern of not getting enough protein and other vitamins that can slow down the aging process and help restore energy for quality of life.

### **The New Post Menopause Exercise Recommendations:**

The post-menopausal years of women bring a number of challenges that can change the entire makeup of the body. There are connections between the postmenopausal years and cancers such as colon and endometrial, type 2 diabetes, cardiovascular diseases and metabolic syndrome.

Postmenopausal women tend to have a pre-disposition to abdominal body fat and that can be a precursor to many health problems. Many women think that weight gain is

inevitable as they age, but that's not necessarily true – if you're watching your diet and exercising.

Postmenopausal women who exercised about 300 minutes per week were better able to reduce total fat and reduce many of the associated health risks. Hormonal changes in postmenopausal women are found to increase the likelihood of fat deposits around the abdomen.

Abdominal fat can be explained in two types:

1. Subcutaneous fat – Visible weight that prevents you from fitting into last year's wardrobe and makes you wear a "cover up" until the second before you jump into the pool.
2. Visceral fat – This is the more dangerous fat that's found within and surrounding the organs, such as the heart and liver and prevents them from performing properly.

According to medical researchers, exercise is the best way to rid the body of fat (abdominal included) and prevent disease. But, what type – and how much exercise is enough?

One recent study conducted by Alberta Health Services used a group of 400 inactive postmenopausal women with a BMI (body mass index) of between 22 (normal) and 40 (obese). The group was then divided into two groups – one group would exercise 300 minutes per week and the other would exercise 150 minutes per week.

Types of exercise included home-based activities such as elliptical, bicycle, walking and running or jogging. An interesting note is that the women ranged from 50 to 74 years old and were asked to maintain their regular eating habits.

The two groups were analyzed after a year and researchers found that the largest reductions in postmenopausal body fat occurred in the group which exercised 300 minutes per week – they lost about 1% more body fat than the group which exercised 150 minutes per week.

Subcutaneous fat decreased most in the 300 minute group – total abdominal fat, weight, BMI and hip and waist measurements also changed. Results indicated that postmenopausal women should exercise at least 300 minutes per week to get the most positive results from an exercise regimen.

## **Using Green Tea Topically to Prevent and Erase Wrinkles:**

The benefits of drinking green tea have been touted for generations. Today, we're finding out how green tea can be used as a topical preventative for many other maladies – including preventing and erasing wrinkles.

Green tea contains some near “magical” ingredients which not only act as antioxidants for our bodies when we drink it, but also as anti-aging powers for our skin. One such ingredient is ‘polyphenol.’

Found in many anti-aging and skin lightening cosmetics, polyphenols contain anti-wrinkle and melanogenic properties that help to reverse aging skin and lighten skin-damaged dark spots.

Another powerful ingredient in green tea is flavonoids which promote healthy and glowing skin. Sipped or used topically, green tea can make a difference in the aging process if used properly.

Here are some other topical uses for green tea:

Face cleanser – Throw out all of your pimple creams and face cleansers in favor of a green tea cleanser. Simply soak a green tea bag in hot water for about ten seconds. Then, cut open the tea bag and add the wet tea leaves to a dab of your regular face cleanser.

Massage into your face for about five minutes and then rinse. Those “magic” polyphenols in the tea will boost your blood circulation, fight acne and keep your skin glowing.

Face mask – Mix and heat 2 teaspoons olive oil and 1 teaspoon honey in the microwave for 30 seconds. Cut open a green tea bag and add the leaves to the mixture. Heat again in the microwave for 30 seconds. Mix until well blended.

Apply to your face while warm (not hot) and gently massage it into your skin for 5 or 6 minutes. Wash off the mask by soaking a cloth in hot water. Squeeze the water out and lay it on your face for 5 to 7 minutes. The mixture can then be removed easily with the cloth. Finish washing your face with water and gently pat it dry.

Steam treatment – A good facial usually consists of steam to the face to loosen pores and release toxins. You can add green tea to water you use for a steam facial for a quick and easy way that your skin can absorb the valuable polyphenols and flavonoids.

Sunburn relief – Green tea is excellent to relieve the pain of sunburn. Simply brew the green tea and let it cool. Then, dip a cloth into the tea and apply it gently to the burned area. Placing the cloth on your face during times when working outdoors tends to have a cooling effect.

Incorporating green tea into your daily routine by drinking or using in your beauty regimen on a regular basis is a pleasant and inexpensive way to reverse the aging process and prevent wrinkles.

### **Why a Loss of Smelling Ability Means Danger to Your Longevity:**

The sense of smell can let you know when there's a delicious aroma in the air. It triggers our hunger when we're out and about and catch the scent of the foods coming from the steak house or from the burger joint.

But the sense of smell also alerts us to the fact that something's wrong. When we smell the odor of gas on the air or we smell smoke, we know that something's wrong. Most people just assume that losing the sense of smell is what happens as you age and that it's no big deal.

It turns out that there's a study showing that losing the sense of smell is actually a pretty big deal. Using the parameter of 40 scents, the study pegged those who couldn't identify more than half the scents as being at higher risk.

This risk was more than just not being able to smell things. When you start having trouble with your sense of smell, it could put you at a higher risk of dying prematurely. Older people often experience a condition known as anosmia, which means the person can't smell things or can't smell them accurately.

A recent study showed that older people who had low scores in the labeling of the 40 scent test - scores that were at or below 20 points were the people who had the greater risk of premature death.

The risk of death associated with people who have anosmia is four times higher than for people who scored more than 20 points on the scent test. The greater the sense of smell loss, the higher the odds of the person dying.

Other risks are presented too when someone loses their sense of smell. When you can't smell odors, not only can it cause you to lose your interest in food, but it can put you at risk of eating foods that have gone bad because you can't smell the odor.

You also can't smell environmental dangers such as smoke from a fire. There are diseases that often go hand in hand with a loss of smell. These diseases can be found in the same family of movement disorder diseases such as Parkinson's Disease.

The cells degenerate in Parkinson's. When someone loses their sense of smell, it indicates that the person's cells aren't regenerating normally. Studies have found that when one area of the body has trouble with cell regeneration, there is usually other cell loss going on as well.

If you've experienced a loss of smell, it may come on gradually so that you don't notice it at first. But once you do notice, it, you should have it checked out by your doctor and make them give you a reason for it rather than blaming it on normal aging.

### **You Can Improve Your Mental Clarity as You Age:**

There are witty sayings on cards, popular characters bemoaning forgetfulness, and social media quips ripe with zingers about getting older and forgetting things. But the truth is that forgetfulness isn't a laughing matter - especially once you start to experience it for yourself.

Far too often, we just accept something as part of life and we don't realize that it's not even the normal. We've been taught to believe that there's nothing that we can do about getting older - that as we age, we're going to forget things and won't be able to make our own decisions.

But don't believe what you hear about a lack of mental clarity and aging. You don't have to lose brain function or memory function just because you're getting older. There are reasons that mental clarity is impaired as we grow older, but it is completely fixable.

Your body is full of cells that help keep it healthy - and that includes your brain. As you grow older, these cells also age. They're susceptible to damage - the kind of damage that can affect your brain's ability to remember.

But, thankfully, there are supplements that can help your brain. These supplements act like little sentinels protecting the brain from experiencing cognitive impairment. They work to help the brain because they contain anti-aging properties.

You'll want to take supplements that are loaded with nutrients that boost your brain and fight aging. These supplements can boost your brain's ability to remember things regardless of if you're already struggling or not.

The supplements that you want to use are the ones that are made with nutrients just like the kind of nutrients your brain already uses. These nutrients found in the supplements help to fight the aging processes in your brain that can lead to memory loss and loss of cognitive skills.

As time passes, your body and your brain have already been slowly aging for years. You might not even realize it at first. So it can be quite scary to suddenly realize that you can't remember all the things that you once knew.

You might have trouble recalling how to spell words that you knew by heart. You might see someone you know and for the life of you, your brain just will not bring up their name.

Because this type of situation is so common, most people and many doctors simply call it aging, getting older, or cognitive impairment. There are several things that can take a toll on your mental clarity.

Damage from free radicals is one. Not getting the right amount of sleep or having nutritional deficiencies from a poor diet is another. Hormonal imbalances can also play a part in causing a loss of memory function. But whatever the reason may be, just know that you don't have to accept it as part of getting older. You can fight memory and cognitive decline.

### **Your Depression Could Be Prematurely Aging Your Child:**

Emotions can run the gamut from highs to lows and there are a lot of people who have either short or chronic depression. Studies have shown that your moods can affect how fast you age.

Most people already know this, but what you might not know is that if you struggle with depression, this could also prematurely age your child, especially if the depression is severe.

The reason that the depression can prematurely age your child is because when a parent is dealing with the side effects of depression, it affects other people who are in the same environment.



It can affect those in close proximity or who have long term interaction even if the child doesn't live with you. What happens when a parent has depression is that the child is affected because he or she is dealing with the psychological stress.

When a child deals with this kind of life altering stress, it impacts his telomere length. These are DNA found at the end of a chromosome sort of like an electrical cap on a wire or plastic pieces at the end of shoelaces.

Usually, these caps are a normal length. But in exposure to stress, these caps will shorten which in turn leads to premature aging. Kids who are exposed to severe depression will often struggle with acting out or behavior issues.

One of the reasons for this is because children don't have the mental or emotional maturity to understand what's going on or how to deal with it, so they'll lash out with words, actions or even silence.

Adults who lived in a household with a parent who struggled with depression won't have the same telomere length as their peers who grew up in a home where there were no depression struggles.

Premature aging of the cells is the physical aspect of what happens to kids who deal with the emotional impact of a parent with depression. While a child is young and still in the home, you'll see things like poor grades, social withdrawing, or a child who becomes aggressive with his or her peers due to lashing out.

Your child's long term health as an adult can be affected too. When the telomeres are shortened, this can open the door to diseases. Not only that, but when a child witnesses and lives with the effects of depression in the home, it raises his odds of struggling with depression himself as an adult.

After experiencing life with a parent who suffers from depression, your child may develop weight problems. Some children turn to food in an attempt to deal with the issue since they don't have the maturity level to handle it.

This in turn can lead to a child who either becomes obese during childhood or will become obese as an adult as a way of self-medicating what he wasn't able to deal with emotionally. The risk is greater in families where there's not a lot of money. It's also a greater risk the younger the child is.

## **Your Smart Phone Is Making Your Neck Wrinkle More:**

You've probably heard the term, "turkey neck," that aging phenomenon caused by genetics and aging, that turns our necks into a gobbled mess. Now, there's a new term creeping into our dictionaries and vocabularies – Tech Neck.

Everything is going "high tech," and that includes our necks. Could it be that our gadgets and high tech devices that keep us instantly informed about everything and everyone is actually making our necks wrinkle and accelerating the aging process?

The latest studies indicate that it may be our smart-phones causing the most harm to our aging bodies. No one wants to age prematurely - and knowing what makes us age (or reverses the aging process) is important so that we can create a routine to slow down wrinkling and other downturns of aging.

When you consider that wrinkles first begin to appear on our faces around the eyes, it's easy to understand why. Our eyes are constantly focused on computer and phone screens and we move and squint our eyes.

That constant movement can create the little fine lines that become deeper as we age. Now that we have our beloved smart-phones, we also tend to look down much more than ever, scrunching our necks and causing it to develop lines, which turn into deeper crevices and make us look older than we really are.

A well-thought-out routine can help to reverse this modern-day aging process and prevent us from having a "tech neck." Since continuous bending of the neck promotes the creases that appear just above the collarbone, it makes sense that if we could reduce the bending motions we'd lessen the chances of neck wrinkles.

But that's not going to work because there's no way to get out of glancing at our phones if we want to stay informed and connected. Some "tech neck" home-prevention methods include:

**Wearing sunscreen.** Sunscreen can keep the outside elements from exacerbating wrinkles and keeps it hydrated. Apply the sunscreen to your face, neck and your chest each day.

**Use a skin-enhancer.** Glycolic acid, Vitamin C and retinol help to keep the skin firm and supple. These topical treatments should also be applied to the face, neck and chest.

**Tightening creams.** These creams can immediately take years off your face and neck. They act to keep your skin tight and hydrated, so you maintain a youthful appearance. They're great to use just before a night on the town or when you want to look your best.

If you need more help for your “tech neck” than home remedies can provide, consider the following modern methods:

**Botox** – Used for years, Botox can help to lessen the appearance of fine lines and wrinkles and can be used in the chin to tighten the muscles around the jaw.

**Ultherapy** – In one treatment, you can boost your skin’s natural collagen levels and plump the wrinkles and lines. Ultrasound energy is used to heat the tissue just beneath the skin’s surface.

**Thermage CPT Radio-frequency** – Instantly tightens the neck and works over the next few months to tighten even more.

Old age isn’t the only reason for a wrinkled neck. Young people who consistently use high-tech devices such as smart-phones are noticing an increase in wrinkles.

Begin now to prevent the dreaded, “tech neck” from happening to you.

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