

Anti-Aging Woes and Tips to Help Us Along

According to the American Academy of Anti-aging Medicine the three basic rules of anti-aging medicine are:

- Don't get sick;

- Don't get old;

- Don't die!

Well, I like all three of those rules and I think if you think about it for a moment, you will too. In this article I hope to help us a long a little bit

on the subject of Anti-Aging. If you take good care of your physical and mental self you will the better your chances are for living longer and able to utilize the latest biotechnological advancements to live even longer. Try to speed up your metabolism and retain muscle mass. As we age muscle mass is lost at a much faster rate, and typically our metabolism slows down. Keeping a handle on these two items, metabolism rate and loss of muscle mass is a huge accomplishment when it comes to anti-aging techniques. Lean body mass helps keep your metabolism going strong. Housework and household chores are good for you! Studies have shown people between the ages of 34 and 59 who began to engage in heavy gardening or heavy housework became the least likely to die a premature death. This is just one more reason to give myself an extra boost of motivation toward those dreaded, routine and boring household chores. I am a desk and keyboard junkie! I am continually trying to find a way to get all my household chores done by someone else. Could this be because as a child I was never "allowed" or "demanded" or "taught" to engage in household chores? I think to a degree, yes it is. I feel without a doubt all children in the household should be given a fair amount of the daily chores to be done in a household. I was a child who grew up thinking my only vocation was to play with the latest Barbie Dolls, paper doll cut-outs, or just any kind of childhood game. I feel I have suffered as a result of that type of "pampering." I now feel all my household chores should be instantly done by someone else, but guess what, that someone else, which was my parents are not here to wash my dishes, clean my ceiling fans, etc. Fortunately I was interested in nutrition, fitness and good health or else I would not engage in exercise either. All these topics seemed like areas of "play," so they were apart of my "playtime" rather than "work time," and therefore acceptable activities for me. I worked out continuously riding my bike around and around the little church that sat next door. That all paid off. now at age 50, I still have fairly muscular legs, good bones and joints (I think)! One of the first and most important steps you can take to help you live longer is to engage in early detection and regular screenings for health problems. By doing so you will receive the first opportunities to identify, prevent and intervene effectively in disease processes. Secondly, optimum physical health will help to keep the waistline taut, the hairlines from receding and the skin of a physically healthy person will retain a youthful suppleness and glow as a person ages. Many Americans first see an anti-aging physician for vanity reasons not even realizing that how they look is a direct statement of how their body's systems, organs, tissues and cells are functioning. Therefore, a qualified anti-aging physician, which should be a physician certified by the American Board of Anti-Aging Medicine (ABAAM), can help you improve your health and well-being. This in turn will improve what you see in the mirror. So before you turn to plastic surgery to rid yourself of those age lines, seek the advice of a certified American Board of Anti-Aging Medicine Physician first. What good will it do you to erase those lines with plastic surgery when there is something more serious going on inside the body that may end your life sooner than it should be. The University of Illinois researchers studied brain scans of men and women age 55+ and found that those who regularly worked out lost significantly less brain tissue as they aged than those who exercised rarely or not at all. So.... this certainly should be some proof to us that working out can keep our memory strong and prevent the loss of cognitive function (which is a great fear of mine personally). I think I must hurry and finish this article as the desk and keyboard junkie I am and get out on a routine walking schedule again. A qualified anti-aging physician is more keenly interested in the long-term whole-body physical, mental, and spiritual health of patients. They will utilize innovative diagnostics and therapeutic interventions to detect, prevent, and treat aging-related diseases, which as just stated, should make you look and feel better than if you used something cosmetically to erase the aging signs. Finding Helpful Anti-Aging Information and Locating a Qualified Anti-Aging Physician: If you have heard that anti-aging medicine is solely a hormone replacement therapy (HRT), this is not true at all. Anti-aging medicine is a multidisciplinary approach to whole-body wellness and longevity, incorporating a variety of treatments as medically appropriate. A word of warning: If you do decide to go with hormone replacement therapy, be sure your doctor uses only natural, bio-identical hormones (BHRT). The reason for this is that BHRTs have the same chemical structure as their counterparts that occur naturally in the human body, which makes them able to fully replicate the original functions with little or no adverse side effects. Important steps to follow if you decide to go with hormone replacement are:

- Be your sure your doctor first tests for your baseline levels;
- Your doctor also needs to explain to you safe target increases to achieve youthful levels;
- Your doctor needs to monitor you every 3-6 months.

If you need a reliable partner in achieving optimal fitness and health, an anti-aging physician, certified by the American Board of Anti-Aging Medicine or health practitioner credentialed by the American Board of Anti-Aging Health Practitioners is your best choice. It is quite easy to locate a qualified anti-aging physician. All you need do is request a personalized physician referral from the American Academy of Anti-Aging Medicine (A4M). The phone number to call is 773-528-4333 or you can send an e-mail to a4m@worldheath.net. With the appropriate knowledge comes "power." Consumers need access to the latest science presented to them in a manner that a non-scientist can understand. You can find this type of easy to understand information from A4M on the web. Visit the A4M's Special Information Center on the web.

About the Author

Loma Linda University Behavioral Medicine Center is located in Southern California. Our mission is to participate in the healing ministry.