



Anti-Ageing or Healthy Ageing

by Sally Creed

The **REAL** enemy when it comes to ageing is a process called free radical damage. Without getting over-technical about the process, let's just say that free radicals are like a demolition team in your body, destroying your health, and stealing your youth.

Free radicals (these little machines of mass destruction) are why we need antioxidants – the antidote and 'answer' to preserving your youth, your brain function and the health of your body.

Most illness and all ageing is due to free radical damage, or oxidation "rusting" of the cell membranes. Free radicals damage the body in the following three major ways:

1. They cause cross-linking of collagen. The thing which keeps your skin young and elastic is something called collagen which is a fibrous protein supporting our bones, muscles, cartilage and skin like a mesh or matrix. It "holds" our internal organs in place, and keeps us together (literally). When cross-linking takes place, this collagen gets stiff and won't move easily, and this is how ageing happens, visible particularly on the skin. Imagine a can of oil paint. If the lid to the paint is left off and the paint exposed to oxygen, it will form a skin on top of the paint. This skin gets stiff and hard, and you cannot paint this onto the wall.
2. In the same way, when our skins are exposed to oxygen and free radicals year after year without protection, the ageing process can speed up, wrinkles form, and ageing becomes evident. Here's a way to find out how much cross-linking has happened in your body. Flatten your hand on a table, then with the other hand, pinch a piece of your skin and hold for a few seconds – then let go. Now, do the same with a child's hand (don't pinch too hard though!), and see how much faster their skin returns to normal. The older you are, the longer your skin takes to return to normal. Often in an elderly person, it can be

a minute or more that the pinched skin stands up. This is cross-linking

3. The second major way we notice the damage done by free radicals are disease states such as:
 - blocked arteries
 - cataracts
 - Alzheimer's
 - cancer
 - diabetes etc
4. And lastly, **ageing in general** – causing damage to the body at a cellular level.

ANTI-AGEING STRATEGIES

Whilst this is a huge subject, there are some very important things we can do to slow down the ageing process, snuff out free radicals, and prevent excessive cross-linking. Obvious ones would include not smoking, not drinking excess alcohol, getting enough sleep and eating plenty of healthy food. We know all this, but perhaps to make it clearer and simpler – we can look at some specific foods which are best avoided, and some which are best included.

Three foods NOT to eat

1. **Refined carbohydrates** and baked goods, white flour and sugary foods. These generally present themselves to us in the form of tasty biscuits, fluffy bread, pastries and chocolate or sweet bars. But lurking inside these tasty yet nutrition-depleted treats are damaged fats, high sugar or fructose content, chemicals, flavour-enhancers and additives. Just recently the Star newspaper (Monday 18, 2009) covered the dangers of breakfast and snack bars, shakes and a number of other things. Not only do these non-foods raise blood sugar levels unnaturally, they are



way too high in trans fats and other damaged fats but they have usually used cheap, unhealthy ingredients which will age you prematurely. Your skin and your organs will suffer, and so will your brain.

2. Fructose – this is not ‘fruit sugar’ and at last the world seems to be waking up to this. The internet and nutrition journals are filled with trials and studies on this. :

- Fructose is **Genetically Modified** from corn and hydrogenated.
- Studies show it causes extensive cross linking and accelerated ageing and wrinkles.
- Raises **triglyceride levels by 30-50%** - a heart disease risk and causes weight gain.
- **Turns straight to fat** - fructose cannot be used as energy, and is stored as fat.
- **Triggers hunger** shortly after intake; the “low GI” has a nasty backlash later !
- Raises **insulin** levels increasing inflammation, fat storage and heart disease risk.
- Raises **ghrelin** levels (=hunger) and lowers leptin levels (causing weight gain).
- **RAISES LDL** (“bad cholesterol) cholesterol by more than 11%.
- The obesity epidemic in USA now proved to be directly linked to fructose.
- Promotes **abnormal blood clotting** (heart disease, strokes, thrombosis)

Sadly people have wanted to believe that this is an alternative to sugar, but it’s the cheapest and most available sweetener there is. The payback though is always disease. Perhaps Google “Fructose” and “Dangers” and see what you come up with.

3. Damaged fats and oils – cause a huge amount of free radical damage due to the fact that every cell in your body is made of fat, and damaged fats will build damaged cells, and destroy healthy ones. The onslaught over many years of eating damaged fats like margarine, sunflower oil (whether damaged or extra virgin – it’s unstable and damaged), canola oil and seed oils – will cause damage to the body. The safest thing is to eat real seeds, and use olive oil and butter which are both stable fats.

Three foods TO eat

- **2 portions of fruit** a day, not more, and one of these portions should preferably be berries, due to the huge proportion of antioxidants present. Fruit is basically water, a few nutrients and fibre – but the dark berries are absolutely filled with antioxidants. But remember – never eat these on an empty stomach or the sugar spike will lead to raised insulin production, inflammation – and accelerated ageing. Always eat fruit as part of a snack with some protein, or after a meal.
- **Nuts, seeds and spices** – high in healthy fats and minerals, these can be eaten with impunity. Eat seeds and raw nuts freely. Buy small quantities and keep them in the fridge, especially in summer. The fats they offer are anti-ageing in themselves according to studies.
- **Good quality protein** like fish (salmon) and eggs especially, and good meats (no hormones) are one of the most anti-ageing foods we can eat, as without good quality protein, our bodies will age faster, and are not able to carry out the repair function they are designed to do. Protein allows for growth and repair – a life-long process. Unfortunately vegetarians in older age are noted for the drawn, gaunt look they display – the toughened skin and thin hair – this is attributed to the lack of protein over many years. So stay young by eating enough health-giving, anti-ageing fish and organic eggs, chicken and meat.

Supplements you must take to avoid ageing

- **A** – good for skin health and immunity. Vitamin A is usually found in liver, spinach, egg yolks, sweet potato, pumpkin etc, but a good way to take this is in the form of “pro-vitamin A” or betacarotene, allowing the body to convert this to Vitamin A as it desires. Just Carrots® and BarleyLife® are rich in pro-vitamin A, and by taking the Garden Trio daily you will be covering a lot of your antioxidant needs in a single drink. Remember – the antioxidants are what destroy free radicals, and thus help to preserve your youthfulness. Because of the high levels of spinach leaves in Leaf Greens – it would be a good way to



bump up your vitamin A levels.

- C – vital for collagen health. Without Vitamin C we'd die – early sailors deprived of it died of scurvy, so it's something we do need to take in supplemental form daily, and one of the best forms is Ester C. Vitamin C is one of the primary building blocks of collagen – that's why when you go onto Vitamin C people often think you've had a holiday or a face lift!
- E – which stands for Essential fatty acids and vitamin E. Ginkgosense™ has an amazing anti-ageing substance called DHA from fish oil (essential fatty acid) which protects your eyes and brain from ageing, as well as preserving your memory and a host of other functions. Your skin will thank you for Ginkgosense™ too, and the DHA together with ginkgo biloba helps to prevent abnormal blood clotting taking place. Vit E and Selenium are also very important antioxidants and should be taken together as they work well together, recycling one another. Proancynol will provide you with your daily requirement for selenium, and an additional Vitamin E capsule of around 400iu (800iu if you are over 50) will make an enormous difference to both your health and appearance.

Summary of Targeted Nutrients for Problem Skins

Conditions which can be visibly helped by targeted nutritional supplements include:

Dry skin	:Vitamins A, C, D and E
Acne	:Vitamin A
Sunburn/damage	:Selenium (eases burning effect of sun's radiation)
Eczema	:Purified fish oil, Magnesium, B6, zinc
Dull, gray-looking skin	:Biotin (found in bananas, oatmeal, eggs, rice)
Oiliness	:Deficiency of Vitamin E (too little vitamin E causes facial oiliness)

3 Important anti-ageing strategies:

Drink plenty of water!!! Distilled water has for decades been known to be an anti-ageing, pure source of water, and this is advisable as your water source if you can afford it. Never drink bottled water if you can help it – but if you

can't get distilled water, use tap or filtered water. Do what you can with what you have, but do drink plenty of water. It will hydrate your skin and body, and improve your overall health and longevity.

Probiotics are absolutely paramount! For anti-ageing, 2-4 Florafood™ a day would be something to invest in, as this is not only anti-ageing, but "health insurance".

Be happy! It is your choice as to whether you have a happy disposition or not. You choose to be pleasant, forgiving, happy and kind. This not only helps other people to feel better about themselves, but it releases all sorts of excellent hormones and substances in your body which keep you healthier and younger longer! It's a win-win situation.

The famous Dr Perricone, author of "The Wrinkle Cure" and many other books, has a fabulous 3-day face lift which definitely works, as I've seen it work wonders in my patients. This special 3-day face lift affects not only the skin but the entire body. It eliminates puffiness, increases facial contours and promotes a firmer jaw line due to it's anti-inflammatory nature. There's no room to outline the programme here, but it's worth looking at and a very healthy way to eat (yummy too!) Dr Perricone advocates eating salmon twice daily for its DMAE and omega-3 essential fatty acid's full anti-ageing effects and stresses drinking 8 glasses of distilled water daily. Expect radiance, glow and firmness in the face!

He has a super face mask you could try too – but using BarleyLife® as a face mask with a little water has long been known in AIM circles as a fabulous anti-ageing treatment! If you want to try Dr Perricone's face mask though – here's how to do it:

Tired Skin Face Mask (for a quick pick-me-up)

What you need:

180ml plain yoghurt	1 teaspoon of finely-crushed almonds
2 tsp honey	2 tsp wheat germ oil

What you do with this: Mix all the ingredients into a smooth paste. Apply and massage into skin. Keep the mask on for 20 minutes.