

I wrote last week about new discoveries in anti-aging science. After writing that I spent some time thinking about the subject of aging. I would like to share some of my musings.

It is not understood why the body ages. The changes that the body experiences as it ages are also not fully understood. Some things, however, are well known. One is that as far as the body is concerned, age isn't really a number.

There is a difference between chronological age and physiological age. Chronological age is simply the number of years of life that you have experienced. When it comes to the effect of aging on the body, physiological age is much more significant than chronological age. To understand why, it is important to recognize that what we are talking about is the level of function in the body.

There are trillions of processes that occur in your body every second. These processes are the by-product of the interaction between thought, genetics and environmental stimulus. When the body is functioning properly, there is a synchronicity between the three and the body is adapting properly to its environment. Age somehow causes the body to gradually lose its normal function.

Age is not the only cause of malfunction. Negative thoughts can lead to a stress reaction in the body and that can lead to malfunction. Genetic abnormalities can lead to malfunction. Negative environmental stimulus, such as food that is of low nutritional value or contains toxic chemicals can also lead to malfunction. Other negative environmental factors include pollution, traumatic injuries, medication side effects, cigarette smoke, a lifestyle void of regular exercise, etcetera. All of these can cause malfunction in addition to the malfunction that occurs with aging.

I doubt that any of us function at 100%. Those who function closer to 100% and continue to live a lifestyle that supports normal function, will age more slowly. Let me explain why. Let's consider a person who lives a very healthy lifestyle and has no harmful experiences such as car accidents or exposure to air pollution. At birth and throughout childhood he functions very near 100%. The normal aging process will gradually cause the function of the body to reduce. At some age, the function is so low that life can no longer be supported. Let's say that this occurs at age 100, when the body has reached a level of 25% of normal function.

Compare this individual with someone who does not live a healthy lifestyle and is exposed to the average environmental conditions that we are exposed to today. Not only will this second individual experience the normal loss of function that comes from aging, but he will also suffer additional loss of function from the environment and from negative thoughts. This person might reach the critical 25% minimal function level at age 70 rather than at age 100.

The take home message that I would like to convey is that you can actually slow the aging process and prolong body function by choosing positive thinking and by making healthy choices when deciding how to live your life. You can't stop the aging process, but you can remove factors that accelerate that process.

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