

This week I am continuing my discussion of anti-aging strategies. To understand anti-aging, it is necessary to understand the aging process itself. Most people assume that aging is the effect that time has on the body. While there is some evidence that our cells have an internal time clock, most experts understand that the aging process is much more than the effect of time.

In essence, aging is the result of accumulated damage to the body. Our bodies are damaged in many ways. Many are environmental. For instance the skin is damaged by excessive sunlight, tanning beds, pollutants including cigarette smoke, and by products that are applied to the skin that contain ingredients that are harmful to skin cells. Over time this damage will result in changes to pigmentation and texture as well as wrinkles.

All cells of the body are damaged by chemical toxins that are introduced into the body. Chemical toxins are any chemicals that are foreign to the body and damage one or more types of cells. These would include pollutants, most drugs and some food additives

A substance that is natural to the body can also be toxic in excessive amounts. Sugar would be an example of this. Too much for too long can damage the cells of the body. The body has the ability to break down many toxins, but if this ability is compromised or if the quantity of a toxin is too great, then the substance can overload the body and cause damage. Alcohol is a natural substance and the liver produces enzymes that break down alcohol. However, too much alcohol can outstrip the body's ability to create the necessary enzymes. As a result, cells are damaged.

Most drugs, both illegal and pharmaceutical, are toxic to the body in one way or another or when taken in too high a quantity or for too long. Aspirin and ibuprofen, for example, cause a small amount of damage to the stomach and intestines with each pill that is swallowed. Over time, this damage can accumulate leading to scarring of the lining of these organs. This can lead to impaired function.

Next week I will continue this discussion about the aging process. To read my previous articles, visit lifetouchclinics.com.