

The human body is designed to live at least 100 years. Most of the cells that make up our body, however, are not designed to live that long. Red blood cells, for instance, only live about 120 days. Each different cell type has a different life span. The reason that our bodies can live much longer than our cells is that as cells die out or are damaged, they are replaced by new cells.

The aging of the body is directly influenced by this cell replacement process. In order to create new cells, the body needs raw materials. Most of these raw materials come from the food that we eat. The various tissues of the body are made of proteins, vitamins, minerals and fats. Most of these substances need to be eaten. In fact, the reason why we eat is to provide energy and raw materials for body growth and repair.

The quality of the food that we eat will influence the quality of the tissue that the body creates. An example would be the consumption of trans-fats. Trans fats are made from natural oils that are artificially hydrogenated to improve shelf life and improve cooking properties. Unfortunately, this chemical process changes the shape of the fat molecule. All cells in the body are enclosed by a fatty membrane. When we eat fat, some of the fat, including trans fat, is used to build new cell membranes. The abnormally shaped trans fat molecules reduce the integrity of the cell membrane, leading to tissue that is more disease prone.

Poor quality food is often deficient in essential nutrients that are needed for tissue repair. If the body cannot repair damaged or aging tissue, then the body will deteriorate more rapidly, accelerating the aging process. To slow the aging process, it is necessary to eat a variety of nutrient rich foods. The less processed these foods, the better they will be for you.

Since it is difficult to always eat highly nutritious foods, it is wise to take good quality nutritional supplements. These should include fish oil, a high grade multi-vitamin and either juice a variety of vegetables or consume a nutrition drink made of a variety of dehydrated vegetables and fruits. For suggestions, email me through our website at lifetouchclinics.com.