

One of the new fields in health care science that is getting a lot of attention lately is anti-aging. As the baby boomer generation passes through their 50's and into their 60's they are showing increasing interest in how to stay young, if not in age, then at least in how they feel and look.

Much of the attention is focused on aesthetics. Providers of skin rejuvenating treatments and plastic surgery are in high demand. The desire to maintain a youthful look, however is not new to this generation. What is new, is the amount of attention focused on how to continue to feel young. In the past, many simply accepted the gradually developing disabilities and ailments that often accompany aging. Today, more and more people are fighting that concept and science is providing some insights and answers in how to do that.

It is true that we have not learned to stop the aging process, but aging is a complex process that involves a wide variety of changes in the body. We can influence many of those changes.

Bone loss is one of those changes. There are a number of drugs that have been developed to slow this process, but there are growing concerns regarding the long term safety of these drugs. Much of this bone loss can be prevented by proper exercise and diet, but these practices need to start early in life.

Muscle loss is also a sign of aging. Much of this can be prevented through exercise. As we age we become more sedentary. The less we move, the less we work the muscles. If we don't use it we lose it. Continuing resistance exercises throughout life, can slow the muscle loss and make us much more functional in later life.

A new discovery in anti-aging science is a little counter intuitive. Many of us have mothers who encouraged us to clean our plates when we were young. Scrawny children and scrawny adults were often looked upon as unhealthy. Big strapping men were regarded as healthier and more robust than thin, more frail looking men. That opinion may turn out to be false.

New research is showing that animals who are given a calorie restricted diet, live significantly longer than animals given a normal diet. It is not yet understood how this extends life, but it is clear that it does. Restricting calorie intake can reduce the development of a wide variety of diseases including cancer, heart disease and diabetes. Experts estimate that consuming fifteen percent fewer calories beginning at age 25 may add 4 to 5 years to your life.

So if you want to live longer and healthier, now you have even more reason to cut back on calorie consumption. To read my previous articles visit lifetouchclinics.com.