

You Can Slow the Aging Process

Many millions of baby boomers are changing the way we look at aging. Not long ago, the average life expectancy was less than 50 years. Today, that number has increased considerably due to medical advances.

Aging is a fact of life that we all

face. Everything ages in time. Within the human body, aging is considered a disease. We will all get this disease, that is a fact true enough. But is there anything we can do to treat this disease called aging? Can we slow the aging process that only seems to progress in time?

The disease of aging begins at the ripe

young age of 25, without any warning. You do not wake up one morning to discover you have this disease. At this stage of aging, there are no medical tests or medical equipment that is sensitive enough to diagnose free radical damage to the body's cells has begun already. Ten year later, at the age

of 35, a sizable portion of the body's cellular protein has been corrupted by oxidative stress related to poor eating habits, lifestyle and pollution. Because of this, mutational changes of our cellular make-up are now weakening our body's defenses to ward off certain degenerative diseases and cancers.

As a whole, the disease of aging can be

considered degenerative in nature because the body loses the ability to regenerate itself over time. Until one day this aging disease will win the battle. But can we slow this aging process? Yes, we can! It is never too late to

treat the

disease of aging. 30% of aging within our bodies is governed by genetics. At the present time, we must expect that we will not be able to have a lot of control over how our genetic make-up will play into our aging. 70% of our longevity is directly related to our lifestyles. We can control our lifestyles, therefore we can slow the aging process in very dramatic ways.

The five key areas to focus on are

exercise, diet, nutritional supplements, hormonal enhancement and reducing stress. Viewed as a whole, this anti-aging approach will slow down the aging process very significantly. This is based on all of the scientific research available. Also, this research has been verified by years of clinical experience.

As our bodies age and slow down, we

need more exercise for hormonal enhancement and to keep the motor running efficiently in order for our bodies to process at peak levels.

We also need to begin feeding our

engines the proper nutrients and supplemental nutrients that our aging bodies need in order to fight off free radicals and energize our immune system.

Stress is a killer. Stress attacks the

entire body and will have devastating effects on it if not kept in check. Finding ways to reduce stress levels will allow everything else to fall into place and work. Exercise and eating properly are natural stress reducers, but other methods of reducing stress need to be adopted into a person's lifestyle.

Slowing the aging process

is a lifestyle change that only you can address. You can begin by getting a thorough check-up from the family doctor to evaluate your present age with respect to what shape your body is in at the present time. From here, you have a better idea of what kind of strategies you can begin using to slow your aging process.