



# Wellness Update November 2012

## by Susan Hanly – Naturopath

### Finding the Fountain of Youth

Do you have signs of ageing? Are you having trouble with flexibility and movement, perhaps misplacing your keys or forgetting names? Maybe you have noticed more grey hairs recently? Ageing in itself, is not a disease; it is a natural part of life. Yet we search high and low for the fountain of youth as we pass through our 30's and beyond. The ageing process in our bodies continues throughout our lives and over time, increases the chances of suffering from degenerative conditions. Ageing can lead to a reduction in our physical and mental functioning and contribute to the onset of chronic disease. Adopting a healthy ageing lifestyle can help slow the pace of accelerated ageing, so that you live a long, healthy and happy life.

*Wherever you are on the journey of life, there are opportunities to slow down the ageing process. Ask me today how I can help you age well.*

### Adopt a Healthy Ageing Lifestyle

A healthy ageing lifestyle requires optimal nutrition through a healthy diet and lifestyle, supported by appropriate supplementation to form the foundation of good health. A nutrient dense diet includes protein, fresh vegetables, nuts, seeds and healthy oils. Being active and taking time out are also important ingredients in a healthy, happy life; so make sure you stay active and enjoy fun and relaxation on most days. A healthy ageing lifestyle is the insurance you need to keep you healthy and vital for years to come.

### Looking After your Genes

Our genes, or our DNA, are extremely important for long term health! Our cells cannot function correctly if



our DNA becomes damaged. Alzheimer's disease sufferers have been found to have greater levels of DNA damage, which may be both a cause and consequence of this

disease.<sup>1</sup> DNA damage is associated with many chronic health conditions, including cancer. It is therefore imperative that we support our DNA health to achieve our goal of healthy ageing.



### Natural Insurance

A healthy lifestyle and optimal nutrition are effective ways to support our overall wellbeing. Key herbs and nutrients to support healthy ageing and help protect our DNA include:

- **Resveratrol and turmeric:** These can provide us with anti-ageing benefits, by protecting the cardiovascular system and supporting metabolic health. Specifically, they help conquer inflammation and oxidative stress imbalances in our body, which accelerate the ageing process and lead to chronic disease.
- **Epigallocatechin gallate (EGCG):** This active ingredient in green tea is rich in antioxidants and can protect against degenerative conditions.
- **Grape seed:** Grape seed has been used since ancient times in Greece. It can protect DNA from damage and has a broad spectrum of uses for the ageing individual, offering anti-inflammatory, anti-carcinogenic and cardio-protective qualities.
- **Probiotics:** Specific strains of probiotics such as *Lactobacillus rhamnosus* GG (LGG®), *Bifidobacterium lactis* (Bi-07) and *Lactobacillus acidophilus* (NCFM) have been well researched for their beneficial effect on the digestive system, helping to keep your insides functioning well too.
- **Fish oil:** High quality fish oil, with the active ingredients, EPA and DHA, can support cardiovascular health and brain function, as well as reduce inflammation. This is particularly important for conditions such as arthritis. Keep your joints supple, your heart healthy and your nervous system happy with a high quality fish oil supplement daily.

## KU-RING-GAI NATUROPATHIC CLINIC

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***Talk to me today about how you can take preventative measures to reduce your risk of premature ageing and fight against degenerative diseases.***

### **Lifestyle Factors**

We are familiar with the importance of having fun with friends and family. Relaxation and regular exercise also help promote health and wellbeing especially as we age; but our brains need regular exercise too. Try out these great exercises to improve your brain health and maintain thinking skills for years to come:

- Puzzles such as crosswords, sudoku or jigsaw puzzles.
- Reading – pick up a novel or the daily newspaper.
- Challenge your brain – learn a language or master a new skill.



### **Staying on the Wellness Wagon**

It can be easy at times to fall off the wellness wagon. Having a natural healthcare Practitioner to support you not only in time of sickness, but also with wellness, can help to keep you ageing gracefully on both the inside and outside. Subtle changes to your health can be identified and addressed using natural options before chronic symptoms have time to manifest.

### **Happier Healthier Ageing**

Ask yourself what motivates you most to live a long, happy life? Perhaps you want to regain your energy and mobility to keep up with your grandchildren? Perhaps you want to live a longer, happier, healthier life, or improve management of a pre-existing condition? Graceful ageing can be started from any age. With a little help from me, you can get the most from your golden years and keep on track for a happier, healthier you.

### ***Would you like to know how well you are ageing???***

As many of you would know, Metagenics are a major supplier of mine and are one of Australia's leading researchers and developers of excellent supplements.

They have designed a very interesting questionnaire, based on research, for you to answer which will give a good indication of **just how well you are ageing**. The questionnaire takes about 5 minutes to complete and the results can only be accessed by me as your Practitioner. I am then able to add some further information, which I have obtained from testing done with you here in the clinic. The extra information may be from Hemaview, BIA, blood pressure, cholesterol etc. This enables an even more accurate and informative result.

It is quick and easy for you to do and really does give interesting results. After doing the questionnaire, give me a call and come in and we can go through your results and I can advise you on the best action to take to help slow your ageing.

You simply follow the link below to access the questionnaire and answer all the questions 'honestly'. **You must put in my Practitioner number which is 3599** and away you go.

[www.metagenics.com.au/healthy-ageing-questionnaire](http://www.metagenics.com.au/healthy-ageing-questionnaire)

***Why not do the questionnaire today and make an appointment to get your results and the appropriate advice to help you age more gracefully!!!***

1. Fenech MF. Dietary reference values of individual micronutrients and nutrients for genome damage prevention: current status and a road map to the future. *Am J Clin Nutr.* 2010 May;91(5):1438S-1454S.

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