
Premature Aging

Can I stop premature Aging?

Scientists believe the normal human lifespan is 120 years! Our environment has become so degraded that very few people will ever live past 80. If a few precautions are taken, it is still possible to jump these environmental minefields and maintain some control over your health.

What causes premature aging?

A number of factors contribute to skin aging and aging in general. These include:

- Exposure to ultraviolet light in tanning beds and from the sun
- Exposure to cigarette smoke
- The accumulation of free radical damage from toxins in food, water and air

If you have noticed signs of premature aging such as age spots, rough scaly skin or wrinkles you should be checked for skin cancer by a dermatologist.

Are there procedures to reverse the signs of aging?

Procedures are now available to revitalize the appearance of aging skin. The Active FX fractional resurfacing laser removes age spots, fine wrinkles, eyelid laxity and improves the texture of the skin in one treatment. Intense pulsed light (IPL) treatments rid the skin of redness and rosacea . VBeam laser can resolve spider veins on the nose and cheeks as well as on the legs, and age spots on the hands. SmoothBeam laser can gently bring back dermal collagen after a series of treatments.

Topical antioxidants, Vitamin C serum and Vitamin E lotion, and prescription Retin-A are important adjuncts in repairing and preventing further damage from free radicals.

Other agents which combat the appearance of skin aging are the injectable neurotoxins: Botox and Reloxin and injectable fillers like Juvederm and Radiesse .

Underneath these cosmetic procedures, good skin care starts with a healthy diet. Given that the body functions as a seamless whole, the diet that I recommend for weight maintenance, heart protection, and maintaining bone strength is also the regimen that results in radiant skin. This is a diet rich in organic vegetables, fruits, and meats, fish and poultry raised without hormones or antibiotics. High glycemic foods that increase insulin levels should be eliminated including all white flour, sugar and alcoholic beverages. Raw dairy should be included for its valuable medium chain triglycerides and vitamins. Foods rich in RNA such as sardines, salmon, tuna and shellfish help improve cell energy and repair. The element iodine is important in normalizing thyroid function and improving the function of the immune system and pancreas by displacing heavy metals and halogens.

Oral supplementation with vitamins and minerals is important since our soils are depleted and the food grown on these soils is devoid of many nutrients. Taking synthetic vitamins may not be healthy because many biochemical processes in your body require a whole complex of nutrients, many of which are still unknown, and when vitamins are taken without the necessary cofactors, the body may not function properly. Many companies claim to sell natural whole food supplements yet they incorporate synthetic vitamins into their products. Generally, supplements should be begun one at a time and if improvement in symptoms is not noticed by 2-3 months, that particular supplement should be stopped.

What else do I need to be aware of?

Chemicals in our water supply such as chlorine, fluoride, heavy metals and other toxins should be filtered out before we ingest them using a reverse osmosis system. Bathing in such chemicals allows them to enter through the skin and respiratory tract, so these sources should also be filtered to remove chemicals.

Medical x-rays and many drugs are sources of free radical damage to our cells. Exposure to these sources should be minimized, finding natural herbal treatments or acupuncture for ailments.

Heavy metals, lead, mercury, cadmium, and aluminum are present in foods, paints, vaccines, over the counter medications, clothing and many other hidden sources. Discovering and eliminating these will delay premature aging.

Estrogen and other endocrine disrupting chemicals in pesticides and plastics are a major source of premature aging, cancer and Alzheimer's disease. Effects of these harmful toxins should be counteracted with natural progesterone and testosterone.

