

HOW INTERNAL IMBALANCES EXACERBATE THE AGING PROCESS, AND HOW TO GET THINGS BACK ON TRACK BY DR NAINA



Throughout years of personal experience in providing anti-aging treatment, and from years of research, it is clear that internal imbalances generally cause an increase in inflammation within the body. When this inflammation starts to overwhelm the body, this is when the aging process begins. How long it takes for symptoms to develop and for the signs of aging skin to show differs from woman to woman, and very much depends on a woman's individual body type.

What I've learned throughout the years is that there are a number of common internal imbalances that kick-start the aging process - such as hormonal imbalances, gastrointestinal imbalances, neurotransmitter imbalances, immune system imbalances, mitochondrial function imbalances (within the cells), and increases in oxidative stress. Through my own personal research, I have found that for women to get back on their anti-aging track, the best method of treatment is to address these internal balances and then blend this treatment with functional medicine.

This is the general prescription I give to my patients, for getting their anti-aging regimen back on track:

1. EXERCISE. For the best results, I always recommend that women do cardiovascular

exercise for a minimum of 30-45 minutes, three times per week, as well as muscle conditioning with low weights at a faster pace. The number one biomarker of aging is sarcopenia which is defined as loss of muscle mass. Women lose approximately .6lbs of muscle mass a year after the age of 40 years. Therefore it is of vital importance to do what we can to maintain our muscle mass.

2. DIET. I cannot emphasize how important this is to a daily anti-aging regimen. It has to become as important as finances, prayers and all the other regular activities in a woman's life! The most successful diet I've found that works for my patients is a low glycaemic index diet rich in beans, legumes and vegetables with a moderate amount of fruit. The proteins consumed should be 'bioavailable', which means that the body should be able to actually absorb the protein; otherwise it will just be excreted.

3. ANTIOXIDANTS. These are free radical destroyers! Free radicals are formed in the body during the aging process and increase oxidative stress, which then contributes to age-related illnesses like cancer, heart disease and the aging process itself. Fruits as well as vegetables and beans are rich in antioxidants. These may contain vitamins A, C, E, anthocyanins and alpha lipoic acid. Supplements of these antioxidants in pill form can have a profound effect on reducing an individual's risk of developing age-related diseases.

4. SLEEP. An adequate amount of sleep is extremely important in any anti-aging regimen. Sleep is the time when the body's vital master hormones are released - including growth hormones. Melatonin, which helps regulate sleep patterns, is also released. What's more, a proper night's sleep reduces- and can even resolve- fatigue. I tend to advise my patients never to eat a meal or even snack high in carbohydrates - or consume caffeine-packed sodas, coffee or tea - late at night, as these can elevate

cortisol levels, which can keep you awake. I always advise - if you must have a late night snack that is - to opt for a protein such as a mozzarella cheese stick, or half a handful of nutritious nuts.

5. ATTITUDE. This is perhaps the most important aspect to prevent aging. As I always tell my patients, maintaining a positive attitude releases endorphins and enkephalins in the body, which make you feel happy and help you deal with stress. I always say: if you keep on thinking positively, you will attract positive energy. If you think negatively, negative things will start to happen. In fact, a recent epigenetics study (which looks at changes in the cells) found evidence to suggest that feelings and thoughts can also be genetically transmitted. So like I tell my patients, always maintain a very positive attitude!

Getting these internal balances right ultimately leads to the outside appearance being right - especially because skin aging is a result of all the imbalances that go on internally. Balance your internal self and your external self will rejuvenate. This is the key component to staying youthful and healthy, allowing your skin to show that glow from within.

I recommend to the women that come to see me that as soon as they have started on addressing these internal balances, they can then start to take care of their skin from the outside. My advice is to use a good cleanser, toner and moisturizer day and night, as well as a good UVA/UVB sunscreen during the day. My favourite anti-aging skin care product is Olay Regenerist Micro-sculpting cream. It contains several beneficial ingredients which I have personally studied over many years, including essential nutrients which are bioavailable, allowing deep penetration for hydration and antioxidant protection in the skin.

This is just the start of your anti-aging prescription, but skin rejuvenation from the outside in is something that every woman can achieve!