

Foodsense Ageing and renewal



Nutritional therapist **Beata Rachowiecka** has worked in many private clinics in and around London, including Harley Street, written for local publications and lectured to a variety of interest groups and organisations as well as running her private practice Focus Nutrition + based in Berkshire, website: (www.focusnutritionplus.co.uk), tel: 01753 814228.

THE EXLIXIR of youth has been sought after since antiquity, but where progress has been made is in understanding the processes underpinning ageing and how best to slow it down. Researchers have discovered that the risk factors of ageing can be altered with our conscious effort and attention. Most are related to something the body is not coping with or where communication has been gradually getting worse within it. The eight factors that fall into this category are:

- 1 energy production problems in the cells (impaired mitochondrial function)
- 2 blood sugar mismanagement
- 3 chronic inflammation
- 4 specific problems with metabolising protein and/or genetic code defect activation (methylation)

- 5 impaired detoxification capacity (mainly of the liver, kidneys and the gut)
- 6 poor immune system function
- 7 chronic stress
- 8 hormonal imbalances (of the thyroid and reproductive male and female hormones).

Many of these can be altered with appropriate lifestyle changes like diet, exercise, relaxation and a good work-life balance. This is where a nutritional therapist can do laboratory tests for these factors and then guide you through the changes to be made.

Often the changes required will benefit many areas at once. For instance, when you balance the ups and downs of your blood sugar by incorporating some lean protein in all your meals, you will automatically lower the potential for

chronic inflammation due to AGEs. These molecules (advanced glycation end products) are responsible for premature ageing and related damage to cell structure or its genetic code.

The cleaner the life you lead, in terms of food, drink and environmental exposure, the better your chances of staying younger for longer.

So say hi to Mediterranean or Paleo-style eating (see page 98), moving the body throughout the day and learning to relax to give the stress hormones a break.

However, 50 per cent of success is in staying mentally young: challenging your 'old' routines and adopting a curious, playful attitude. So put that bounce into your step this spring and add more healthy, happy years to your story - after all, you are in charge of your life...

Yoga class

Gail Willis continues her series of simple hatha yoga moves

YOGA INSTRUCTOR Gail Willis has recruited her mother Janet Rogers to help demonstrate yoga exercises in *Choice* every month.

In each picture Janet, who is 79, illustrates the basic position for each exercise - the easiest one for the beginner. Gail illustrates the maximum position for each exercise.

You should start following Janet's position and try to increase gradually towards Gail's advanced level.

"Only build up to a level that you are comfortable with," says Gail, who is a full-time yoga instructor in Kettering. "With some exercises you will be able to do the maximum level

of stretch, but with others you will achieve only the basic move. It doesn't matter - even the easiest will be good for you and make you feel good."

Find out more

- To contact Gail, tel: 01536 515311, mobile: 07762 575118
- To find a yoga class where you live, ask at your local library, county council offices, tourist information centre, sports centre, a local school or anywhere that runs evening classes.

Ankle Workout

This will help to help stretch through your ankles, calves and feet.

How to do it

- Lie on your back (with a cushion under your head if the neck needs support)
- Janet is doing a gentler option by having only one knee to chest
- Hold your leg/s into your chest
- Very slowly circle your ankle/s one way five times then change direction
- You can repeat both ways five times.



Next month: Standing arm circles

