



Seniors Holistic Approaches To Anti Ageing & Weight Loss



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Holistic approaches to anti-ageing and weight loss are not new!

For centuries people in Middle Eastern societies have cultures that believe a holistic approach to diet, exercise, and stress reduction are important for a long life.

Unlike conventional anti-ageing approaches, which involve the use of anti-ageing creams, serums, or even drastic measures such as cosmetic surgery, holistic approaches aim to target and heal the problem that is at the root of the ageing process. This contrasts with traditional anti-ageing approaches, in which it is usually just the symptoms of the ageing process that are treated.

Basically, holistic approaches to anti-ageing involve slowing down the repercussions of ageing in the human body by addressing key elements believed to play a significant role in unhealthy ageing and ensuring the patient is returned to or kept at an optimal state of health and wellness.

Holistic approaches to anti-ageing are based on various factors that cause you to age.

Stress, diet and sleep all affect your weight, appearance and the rate at which you age. These factors may cause your skin to look unhealthy.



Free Radicals

Free radicals are an indirect cause of ageing. This is because they cause inflammation in the human body, which, in turn, may lead to accelerated and unhealthy ageing.

In order to prevent free radicals from damaging the body, you must consume foods that contain large amounts of antioxidants, which are nutrients that fight the effects of free radicals.

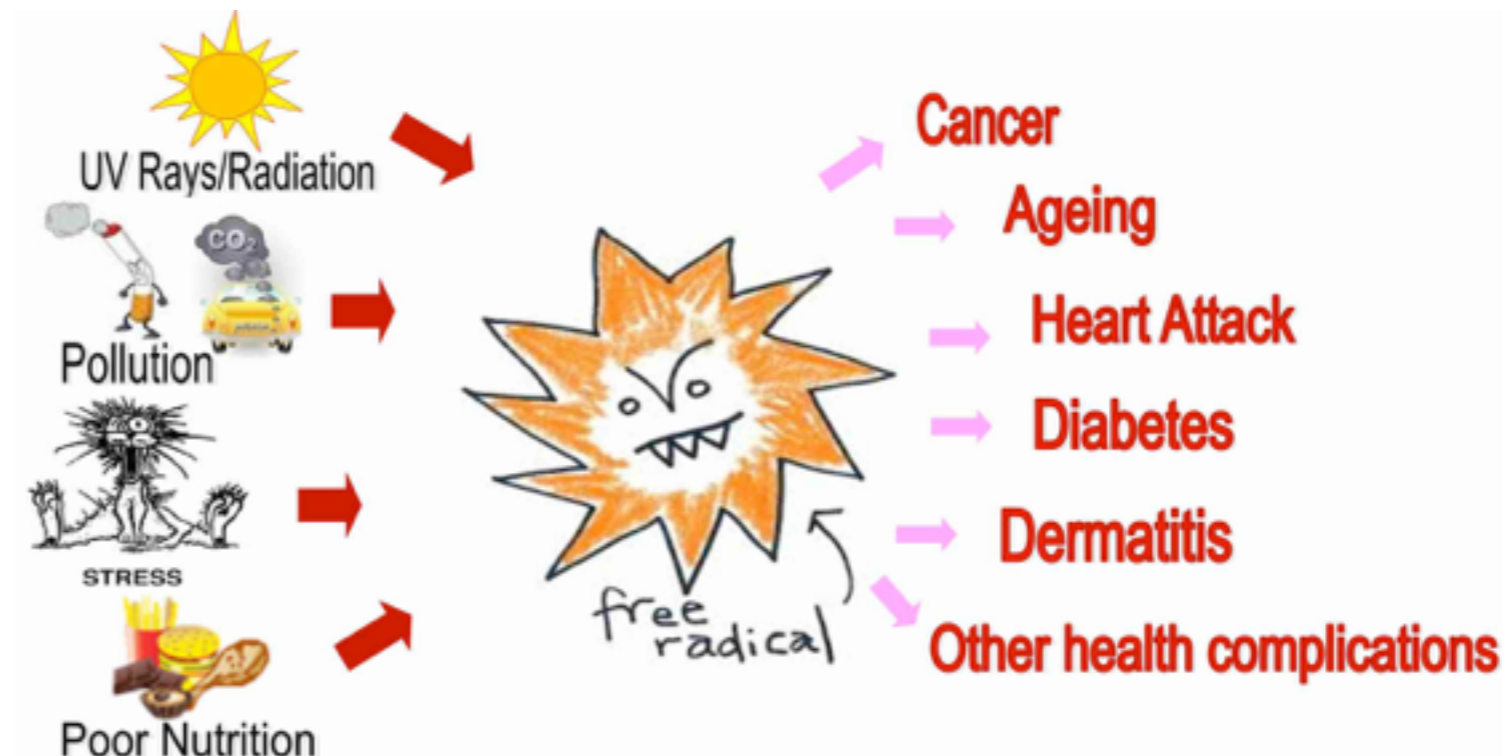
Whole Foods Highest In Antioxidants:

Most Antioxidants

- Blueberries, Raspberries, Blackberries and Strawberries
- Kidney, pinto and black beans
- Cranberries
- Artichokes
- Prunes
- Apples: Red delicious, Granny Smith and Gala
- Pecans
- Sweet cherries
- Black plums
- Potatoes
- Plums

You could also combat the damage caused by free radicals by supplementing your diet with vitamins B, C, zinc, and magnesium.

To maintain a youthful appearance it is highly recommended to drink large quantities of water. By drinking water, you are not only re-hydrating your body. Water also improves skin elasticity, and reinforces healing collagen, which will slow the manifestation of wrinkles, and sagging.



Omega-3 Fatty Acids

In order to function correctly, your body needs essential fatty acids, including omega-3 and omega-6 fatty acids. These are fats that are healthy for you, and they aid the cells to function correctly and support heart health. Heart disease is the #1 killer of American men and women, and it is a leading cause of death in other countries around the world.

Prevention is key to remain healthy and keep heart disease at bay through our older years. Furthermore, fatty acids support skin health.

Foods Highest In Fatty Acids:

Grains and Nuts

- Bread
- Cereal
- Flaxseed
- Peanut butter
- Oatmeal
- Pumpkin seeds
- Walnuts

Fresh Produce

- Parsley
- Kale
- Spinach
- Brussels sprouts
- Mint
- Watercress

Fatty Fish

- Halibut
- Herring
- Trout
- Fresh Tuna
- Mackerel
- Oysters

Foods Fortified With Omega-3s

- Eggs
- Milk
- Juice
- Soy milk
- Yogurt

Oils

- Flaxseed oil
- Soybean oil
- Walnut oil
- Canola oil
- Cod liver oil



Poor Blood Circulation

Poor blood circulation is another factor that causes you to age. Practitioners of holistic medicine often employ cayenne pepper to boost circulation. Cayenne pepper enables blood to circulate more freely by dilating the blood vessels, thus carrying necessary oxygen and nutrients through the body.

Cayenne pepper has additional benefits as well: it strengthens your immune system and thins blood, reinforces the heart and regulates blood pressure and palpitations.



Stress Reduction

One of the most important elements in holistic medicine is reducing stress. Stress affects the whole body and causes imbalance that leads to disease and overall ill health, and may greatly accelerate the ageing process.

In holism, stress reduction is seen as central to healthy ageing, and is considered a proactive effort.

Meditation, relaxation exercises, yoga, and aromatherapy are often recommended to get stress under control. All of these tactics help to provide healing to the mind, body, and spirit and offer a balanced state for those who seek to improve their overall mental and physical wellness through younger and ageing years.

WHAT ACTIVITIES CAN HELP RELIEVE STRESS?

Here are some examples of activities that can help to refresh the body and mind.

- Taking baths
- Reading
- Doing breathing exercises
- Receiving back rubs/massages
- Listening to relaxation tapes
- Writing in a journal
- Meeting with a friend
- Napping
- Walking
- Dancing
- Engaging in spiritual reflection
- Stretching
- Listening to music



*A smile says
the same
thing in any
language.*



Exercise

Working out also helps to preserve general health, thus ensuring that you age slower and healthier. Peak physical fitness means the body is in its best shape and able to keep you strong and healthy.

Physical exercise boosts the rate of your metabolism, which ensures healthy weight management through the ageing years, something of utmost importance since metabolism naturally slows as we age and weight gain becomes more probable. Consequently, your body will not be strained by overweight and obesity, and the ageing process will be slowed down.

- Something as simple as going for walks can add years to your life and reduce your waistline. Lose it or lose it!



Bottom Line

In conclusion, there are numerous holistic approaches to reducing the rate at which you age and to remain in optimal health and weight through the ageing years.

Holistic approaches never just address symptoms of specific health problems, but instead aim to return or keep the person to a state of balanced health between mind, body, and spirit. Holism targets overall wellness, and when we are well, we only get better with age.



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Initial Enrollment: When Part D Begins

Sign-up Date	Coverage Begins
During the 3 months before your 65 th birthday	The 1 st day of your birthday month
During your birthday month	The 1 st day of the month after your birthday
During the 2 or 3 months after your birthday month	The 1 st day of the month following enrollment

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