

## **Topic No. 1 – March 2008**

### **Nutrition for people in the prime of life**

In terms of genetics, the maximum lifespan for a human being is 120 years. While only a few of us reach the age of 90, never mind 100, if we look at age from this perspective we are actually still young at 50 and should therefore be correspondingly healthy. We live far longer today than in the past as a result of better hygiene on the one hand and the major progress of medical science on the other. Unfortunately, we pay too little attention to our diet, which is often unsatisfactory in terms of quality (lacking in vital substances), and put our faith in medicine to put things right if we become ill. Despite all the achievements that have been made, we have not become any healthier. Degenerative diseases, metabolic disorders, such as obesity and diabetes, as well as heart disease, osteoporosis and cataracts are just a few of the health problems that are now affecting increasing numbers of the over-fifties.

The ageing process is a slow breakdown of all the bodily functions, the speed of progress of which varies from one individual to the next. We know today that age is a progressive oxidation process, comparable to the way an apple becomes brown and wrinkled. To prevent this happening we need antioxidants, in the form of vitamin C among other things, and therefore we preserve the apple by sprinkling it with lemon juice. We know now that the antioxidants include a whole range of vital substances, among them zinc, manganese, selenium, vitamins C, E, A as well as carotene, and coenzyme Q10. Many of the gradual ageing processes are clearly encouraged by poor diet, alcohol, tobacco, too little exercise, and stress. From this point of view, the best anti-ageing treatment still remains a largely vegetarian, fairly low-calorie diet that is as natural as possible. This consists of wholegrain products, pulses, vegetables, fruit, herbs and garlic, and high-quality, cold-pressed, olive and walnut oils, both of which are ideal for older people. Also recommended are 1 – 2 tablespoons of good honey and a glass of red wine every day. Scientists call this a Mediterranean diet which will allow us to stay fit and healthy into old age.

Anyone following these recommendations is unlikely to be short of vital substances. But years of too much sugar, rich foods, alcohol and tobacco, not enough fruit and vegetables and too much protein in the form of meat, along with the frequent consumption of reheated and ready meals, will quickly result in an imbalance of vital substances. In both cases, Strath Food Supplements, natural dietary supplements, can be used to supply the body with the vital substances it needs. A simple, tasty and inexpensive method of staying fit in mind and body.