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OPTIMAL AGING

Like anti-aging, there is no consensus definition of optimal aging. As a whole, it does not take a stance "against" aging, but rather sees it as an organic part of the life process. Instead of seeing aging as the enemy, the optimal aging position focuses on enhancing the natural longevity of the human lifespan. Within the medical field, proponents such as Andrew Weil, MD and medical systems such as Chinese medicine and naturopathic medicine advocate a life-management plan that concentrates on health and quality of life. While it is not glitzy or high-tech, the core of this approach focuses on the fact that a big part of how we age is directly related to the choices we make. Optimal aging therefore seeks to teach behaviors and offer approaches, based on sound medical and scientific evidence, that will extend the number of optimally healthy years of life.

Since each person's history and biochemistry are different, an optimal aging medical program typically begins with a comprehensive assessment. This includes a full medical history that is augmented by any necessary physical, laboratory, compiled an

individually-tailored protocol is developed. While the number of components vary, a representative sample would include a movement/exercise module, a diet/nutrition module, a module that addresses psychoemotional challenges like stress or depression, a cognitive training module, and a module that supports developing healthy relationships, including personal, social, and spiritual relationships. Supplementation and medical interventions are integrated into the individual's personal regimen on a case-by-case basis. Optimal aging programs for individuals and organizations have been developed or are being developed nationwide, including here in Wenatchee.

While aging presents us with one of life's principal challenges, the fact that it is not genetically programmed is exciting news, since it means that health and fitness can be enhanced at any age. We may not live as long as Methuselah, but perhaps the real legacy is that, with a little effort, we can achieve a quality of life that is close to being of biblical proportions.



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Are Food & Drug Companies Deliberately Poisoning Us?

"Crusador interviewed Health Ranger Mike Adams who says that everything we have been taught about health, disease, food and medicine is utterly false."

Mike Adams used to be chronically diseased with borderline obesity, diabetes, depression, and severe pain . . . In a desperate search for answers to his health problems, Adams discovered what he had been told by (conventional) doctors was a lie. These lies explain why disease burden many with cancer, diabetes, heart disease, osteoporosis etc. that are totally preventable.

Mike's website is: www.newstarget.com The article can be read at the Crusador website: www.HealthLiesExposed.com, October/November 2006, Issue 33 or call (800) 593-6273.