

## Discover The Fountain of Youth

By *Marguerita Vorobioff*

During our youth, old age is but a distant threat that doesn't enter our minds. We feel invincible and our health generally takes care of itself. As we approach our thirties, we begin to notice our skin isn't bouncing back to that perfect smooth finish like it used to and we don't recover quite as quickly from late nights and over indulgence. As we move through our thirties, those injuries sustained on the sports field are causing little aches and pains, and into the forties we are noticing crunching and creaking, and bed is now a welcome relief rather than something we try to avoid as long as possible just in case we miss something earth shattering.

To date, there is only one recipe for the "fountain of youth". That is to be physically active, eat intelligently and respect rest. Poor rest and nutritional habits combined with a lack of exercise are causing accelerated aging and premature death. Even sexual decline is as closely related to inactivity and poor diet as it is to old age.

People usually die of 'uneven wear' rather than old age. This simply means that accumulated stress causes one part of the body to wear out more quickly than others and may even fail causing premature and even sudden death. This phenomenon is primarily caused by our sedentary lifestyles and our poor eating habits.

Choosing to be fit will directly influence the quantity and quality of your life as it helps to spread stress more evenly over the entire body instead of it accumulating in one place.

Physical activity enables individuals to more effectively meet intellectual, emotional and physical challenges. Exercising not only increases feelings of general wellbeing, taking positive action and achieving realistic goals enables you to feel stronger mentally and emotionally as well. This is also enhanced by the production of endorphins during exercise which is the feel good chemical that lifts us emotionally, even bringing relief from depression. Endorphins following exercise can create feelings of happiness, creativity, tranquillity and euphoria, for anything for a few minutes to 24 hours.

It is no secret that poor nutrition is a major cause of over 70% of accelerated aging and death. There are many guidelines for healthy eating, but by following a simple balanced diet with all your nutritional requirements and the correct amounts of proteins, carbohydrates and good fats, your body will respond very positively. Also, taking a good quality multi-vitamin is a very positive step for making up for some of our poor food choices and the poor

nutritional quality of our fresh food, but it can never substitute a good diet and must be taken in conjunction with a healthy lifestyle to be truly effective.

Sufficient, good quality sleep is a very important part of physical recovery. During sleep the body produces an increased amount of hormones that stimulate the repair of tissues and organs that have been damaged from daily exposure to physical stresses such as pollution, toxins, emotional stress, ultra-violet light, etc. To deny your body of sleep, your health will suffer greatly and you will age much more quickly and not cope with stress as effectively.

Scientific studies have shown that modest exercise improves insulin resistance. It is important to have a balanced exercise program combining both [weight training and aerobic exercise](#), but aerobic activity is better in reversing insulin resistance. Stimulation of muscle tissue in overweight individuals causes the muscles to take up more glucose from the blood stream instead of converting it into fat. The body becomes significantly more responsive to insulin.

***Positive effect of exercise on insulin sensitivity:***

1. The small blood vessels in the muscle dilate for more blood flow to the muscle (reversing vasoconstriction associated with insulin resistance).
2. The increased circulation allows more insulin to get to the cell.
3. Proportionate increase in muscle tissue sensitivity to insulin.

When the body becomes more sensitive to insulin it will be able to release the fat it has stored and your ability to metabolise stored fat increases.

**Not taking the time to be active by using the excuse that you can't afford the time is not acceptable. The truth for your body is that you can't afford not to make time available to be physically active.**

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