

**THE NATUROPATHIC  
PERSPECTIVE  
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**VIBRANT AGING**

With increasing age comes the misconception that you have to start feeling less than terrific; that the stiffness & pains are to be expected, that your energy will naturally decline. Let me say right now, with some very minor exceptions, that that is completely untrue.

The quality of your **skin** is a direct reflection of your internal health. Relying on expensive moisturizers and other ‘anti-aging’ products is not enough for a truly healthy glow. Appropriate nutrition, detoxification, hydration and other factors are vital for radiant skin.

**Hair** health, like skin, is an expression of what’s going on on the inside. Hormone levels, dietary habits and overall nutrition can affect the quality of your hair.

**Belly fat**, especially post-menopausal, is often due to hormonal changes; particularly your ‘stress’ hormones.

**Muscle** tone not only helps you feel stronger and protects you from injury but it is also vital for sustaining you during periods of inactivity and healing, such as time spent in hospital or in bed due to illness or injury. Post-surgical outcome is far more favourable with healthy muscle mass. Specific dietary and exercise essentials can help ensure that your body builds muscle most efficiently.

**Energy** is produced by every cell of your body in order to sustain you. Do you know which vitamins, minerals and other nutrients are required for each biochemical step? Your naturopathic doctor does. Appropriate nutrition, quality sleep, adequate hydration and avoidance of food allergens are a few of the key components for vibrant energy each and every day.

**Pain** is a sign that the body is not able to regulate its inflammatory processes. Masking the pain with medications will make you feel better... but what are the long-term implications of ignoring the *cause* of the inflammation? Your dietary choices, supplementation, toxicity, structural health and other factors all need to be evaluated for you to be in optimal comfort.

**A naturopathic doctor can help you by:**

- assessing your diet and making recommendations specific to your health needs & goals
- testing your hormone levels
- analyzing your hair for mineral status and presence of toxic elements; the hair is reflective of your internal cells
- recommending a detoxification protocol most appropriate for *you*
- performing a Body Composition Analysis to assess your muscle mass, fat mass, cellular health and hydration status
- making recommendations for a good night’s sleep... every night
- focusing on preventive medicine
- utilizing safe and effective therapies for restoring health to your mind, body and spirit

Naturopathic medicine is valuable for helping you achieve and/or maintain a state of optimal wellness.