

Vibrant Aging

A common misconception about aging is the idea that your health will decline as you age – that you should expect stiffness, pain, and decreased energy levels. With some minor exceptions, however, these notions are indeed untrue.

Here are a few signs that you can monitor in your own body to assess how vibrantly you are aging:

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 happening on the inside. Hormone levels, dietary habits and overall nutrition can affect the quality of your hair.

Belly fat, especially post-menopausal, is often caused by changes in hormone levels, in particular, changes in 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 a healthy percentage of 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. Do you know which vitamins, minerals and other nutrients are required for each biochemical step? Your naturopathic doctor (ND) 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 your body is not able to regulate its inflammatory processes. Masking the pain with medications will make you feel better in the short-term, but what are the long-term implications of ignoring the fundamental cause of the inflammation? Your diet, supplement intake, toxicity and structural health, along with other factors, all need to be considered when investigating ways to improve your body’s ability to handle and reduce pain.

Feeling unbalanced or a slight tremor can be a sign of heavy metal toxicity. We have been finding elevated levels of lead and mercury in residents of the south Georgian Bay region and are now helping them to reduce their toxic load. Toxicity can also contribute to each of the signs I mentioned above, from skin to pain.

A naturopathic doctor can help you by:

- assessing your diet and making recommendations specific to your health needs & goals
- testing your hormone levels
- checking your mineral levels using hair analyses
- 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
- testing your urine and blood for toxins such as heavy metals, pesticides, PCBs and solvents
- focusing on *prevention*, such that, we can show you how to help prevent problems specific to you
- 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. Schedule a 15-minute complimentary visit with a licensed and registered naturopathic doctor today!

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You can feel better.