

AGING



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METABOLISM AND ANTIAGING

All around the world people are looking for ways to increase their metabolism to maintain their appearance from their youth. These people are willing to try and do anything from drastic diets to surgery to maintain their youth. Little do most people know that simply watching one's diet and keeping an active lifestyle can assist in the antiaging process dramatically.

As the obesity epidemic continues to sweep the globe, doctors are saying in unison that people in general must lose weight. These doctors sight the risks of heart failure, heart disease, and overall poor health as good reasons to lose weight. These doctors often fail to touch on the vanity of the human race and explain that by keeping one's weight low and metabolism high, one can obtain that youthful appearance and recapture the feeling as well.

There are many disadvantages to obesity. There are many different health risks that one takes on by taking on a few extra pounds. The joints of the body do not want to work as well since they are holding extra weight. The digestive track has excessive pressure on it, causing heartburn and other digestive problems. Most people who are significantly over weight have problems with the simplest of exercises do to exhaustion and over exertion.

The health problems aside, being over weight causes several appearance issues as well. One such issue is the body's inability to drain fluids and wastes from different bodily regions, such as the legs, hands and face. This can lead to bloating and an overall puffy look. This can increase one's physical age significantly and lead people to believe that one is older than he is or she is. In extreme cases, the body is unable to move any of the fluid from a region and that reason develops lym-phodemia, or a swelling that can be very painful and horrible

to see. A normal sized leg can weigh as much as a couple hundred pounds with lymphdemia.

By watching what one weighs and keeping one's body in good condition, one can prevent these aging problems. By exercising regularly, and keeping a good metabolism, one is able to help the body drain fluids properly by maintaining a good circularity system. One is also able to increase the body's resistance to the aging process by reducing the wear and tear on the joints by maintaining a healthy weight. The higher metabolism of a person who is exercising frequently helps to ensure that one heals quickly and that the body remains in good condition, able to repair skin damage and other aging symptoms quickly.

While watching one's weight seems too easy to be effective, it is amazingly so. Lotions and creams only help to fill in the lines caused by the aging process. Surgery only removes old skin and pulls the remaining skin tighter over the body. Diet and exercise increases the blood flow to the skin and other parts of the body to maintain true health and youth. While lotions are very good, and sunscreen is necessary for many, when used in conjunction with diet and exercise, the results can be amazing. An additional benefit to exercising and dieting, when one does decide to break the diet for a treat, the treat is easily processed and is not converted into fat.

