

Nutrition: the Healthy Aging Solution

By Pat Lam

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Fax: 001 630-653-2192

E-mail: customerservice@allured.com

www.allured.com

Nutritional education has recognized as an essential component in all health care professions. Thus the major objective of this book is to implement the education about a correct nutrition.

Citizens' longevity carries huge implications for a society which become more concerned about its health and physical appearance.

Improved medical practices have increased our longevity, and new efforts may add purpose and direction on our declining years. Better medicine, better nutritional regimes, better bodily care and regular controlled exercise have improved the physical quality of life.

Moreover recognition and understanding of the special nutrition problems of the aged may be changing with their increase in the general population.

As a matter of fact, mature or aging bodies and physiological systems function with nutrient requirements quite distinct from the young. With age some of these changes include decreased nutritional needs, while other reflect changes in economic conditions, or self-treatment of health conditions with high nutrient intake. At the other extreme, in many developing countries, adults and aging adults, particularly men, get preferential access to food and may have better opportunities for adequate nutrients intake with increasing age. By contrast, in other developed countries, it is clear that economic restrictions and physical changes during aging can significantly reduce food intakes from those enjoyed as young adults.

Moreover some deficiencies of various nutrients associated with aging are often distinct from nutritional problems of childhood. On the other hand, many adults and elderly are using levels of various nutrients well above the recommended daily allowance.

However with the increased medium life every one want to spend more time to look and feel good quickly seeking various strategies to improve her/his skin and body conditions. This has led to an explosion of SPAs focusing on pampering, rejuvenation treatments and stress reduction.

Thus many physicians, whether general practitioners, plastic surgeons or dermatologists became adding aesthetic services to complement their businesses, linking up with the aestheticians. Because of this partnership the latest trend is the medical spa which integrates spa services with conventional and integrative therapies by providing comprehensive medical and wellness care in a relaxing environment.

And the beauty role of the aesthetician and the modern physician is the topic of the **introductory chapter**.

By the advent of new technologies in the aesthetic profession anti-aging has become a new sub-specialty of modern medicine where aging is viewed as a disease that can be easily treated.

apters 1-3 give an expanded overview of the science of nutrition.

od is necessary for all life processes from breathing, thinking, from digestion to movement. And the basic nutrition is the same for most people, daily requirements vary for each person due to age, gender, body size, health status, and pregnancy or if the woman is breast-feeding.

As one grows older, normal aging processes may result in less than optimal intake of certain nutrients, and protein-calories malnutrition (PCM) is the most undiagnosed nutritional disorder in the world today.

PCM results in numerous changes to our physiology that medical doctor and aesthetician has to know. In screening the elderly person for PCM, it is important that the clinician take into account age when reviewing laboratory parameters. In many cases, in fact, normal values must be adjusted for age.

In addition, the physical examination must include an accurate height and weight checking. An accurate weight is essential with appropriate comparison to the recent and distant past. Rapid weight loss implies a change in protein status with the use of endogenous protein as a fuel source. Adipose tissue is lost slowly due to a higher caloric content.

Calories are used by the body to fuel its physical metabolic activities. In addition, protein deficiency can still be present in a person with little change in weight, the decline in muscle mass may be compensated with increased fat stores.

Therefore determinations of skin fold thickness at several sites may be used as a rough indicator of nutritional status.

However although genetics play a strong role in body size and weight, habits instilled in children during their formative years can promote lifestyle habits that may prevent degenerative diseases later in life.

Moreover socioeconomic status has been found to impact nutritional habits. However the nutritional status of an organism is of importance in gerontological research because, food restriction or undernutrition (and not malnutrition) is the most effective and reproducible method for increasing the longevity of an organism, and is the only strategy known to retard the aging process in homeotherms. Macronutrients, carbohydrates, fats, vitamins and mineral or trace elements are all described and reported on these three important chapters.

Diet Planning is the topic of **chapter 4**.

A healthy diet should include a limited intake of fats, refined sugar, salt and alcohol and has to correlate with the energy needs.

As a matter of fact, a regular intake of excess Kcals causes them to become stored in the body as fat leading to an unhealthy body weight over time.

It is important to remember also that proper nutrition must be combined with regular exercise for good health and longevity. Thus with more knowledge about a proper diet and dietary supplement, medical doctors and aestheticians can influence their patients/clients to purchase some of their dietary supplements at the spa instead of mass market retailers. However it should be stressed that supplements are not to be substituted for whole fresh food because they cannot replace the numerous nutrients normally found in food.

However a healthy diet focusing on the consumption of fresh, natural foods and complemented by dietary supplements is recommended in an anti-aging program. And *Dietary Supplements and their*

