



Anti-Aging – Living Longer, Living Better!

There is a strong movement within our society where emphasis is given to living a life of quality alongside a life of quantity. It's not enough that we are living longer; we now want to live **better**. Millions of baby boomers are beginning to explore lifestyle changes in order to improve their health, as they are realizing that the absence of disease does not guarantee good health. For example, just because you don't have diabetes, does not mean that you don't have problems with your blood sugar. Today, people want to feel fit, have energy, look good, and are willing to put in the effort to secure a long and healthy life. Feeling good about yourself makes life worthwhile, and this quest for the continued sensation of overall wellness has catalyzed the anti-aging movement.

The anti-aging market now includes nutrition, physical fitness, skin care, supplements and hormone support. While modern medicine up until recently tended to downplay these approaches, we are today seeing a growing number of healthcare professionals from all disciplines enter the fray. This is partly because there has been so much new research in the field of nutrition and exercise as primary methods to prevent and even reverse disease. Studies consistently show that people who look good and feel good, who are healthy by all accounts, are the ones who have a healthy lifestyle. As a group, they are consistently active individuals who maintain a healthy diet. While our healthcare system has tended to be slow to adapt, it is clear that change and more specifically a recognition of the importance of the basics – diet, exercise and rest, is necessary to begin to make a dent in the rising number of diseases that afflict us today.

Now as I stated before, outside of disease, we are concerned with slowing the aging process. After all, aging is a natural phenomenon. Aging is essentially the accumulation of changes in your body that occur over time. Whether these changes come rapidly or not has a lot to do with **how** you live. Experts agree that how you manage stress, practice relaxation skills, as well as the quality of your diet and exercise, your emotional intimacy, and overall happiness are key indicators for how quickly, or conversely, how slowly, you will age.

With the mounting tension in the world today we must become better at managing our stress. Dietary programs are often so contradictory that the field as a whole borders on ridiculous. However, virtually all nutritionists agree on the primary importance of keeping your blood sugar stable, as instability here has far reaching consequences (more on this later). Fitness professionals agree that a combination of cardiovascular health, strength, flexibility, balance and posture are important components in your physical health to be truly fit.



The Spa on Green Street Wellness Program offers a comprehensive approach based on top-quality, customized skin care treatments to fit your particular skin needs. Massage therapy aids in easing muscular tension so that you can start feeling better immediately. Nutrition and functional training further complement the program to help you get the body that you want, the body you deserve. Let us make our anti-aging approach part of your goal for a long and happy life – and you'll look.....marvelous!

-Ricardo Boye, ND, CNC
Wellness Program Coordinator