

Money can buy you that ageless look

GOOD LIVING

BY SOLOMON KARANJA

Like picked flowers cut from source we all gradually wilt away physically and mentally and become vulnerable to a host of diseases we were not susceptible to in our early adult years.

If you are a highly skilled professional who has made large investments in your education and experience, you would like certainly to stay on top of your game, physically and mentally, as you age. You would want to stay healthy and live long enough to see some of your investments mature.

People are prolonging and stretching middle-age by delaying the aging process. As the pre- and post-independent Kenya baby boomers start to age, expect an invasion of the use of the products available in the market for slowing down the aging process.

Aging is today regarded by modern medical science as a treatable and preventable 'disease'. It is viewed as a compilation of various diseases and pathologies - like rise in blood glucose and pressure to diabetes, wrinkles and so on. Many products and claims are today being made on the role of products, from vitamins to growth hormones, which seem to allow cells to circumvent the aging process.

It is an open secret that many in Hollywood's glamour never seem to age like you and me - and they have kept this secret to themselves mainly owing to the product's costs.

It would be considered that medicine is on the verge of changing course and it is admitted that we have to allow the body sometimes

to heal itself. The fact that this is a leapfrog advance cannot be over-emphasised. The fact that some of these recent discoveries seem to boost and regenerate the immune system means they have a place in modern-day disease management, more so in this era of the HIV/Aids. Cost will always be a factor in new discoveries and will be accessed initially to

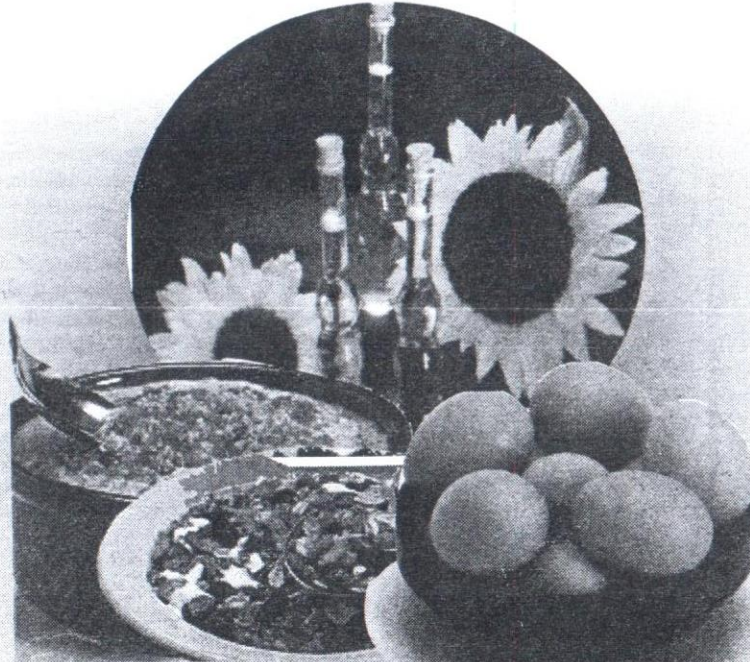
a select few unless there is mass production. For example, human growth hormone is today claimed to reverse degenerative diseases like cataracts, chronic fatigue, sciatica and ankylosing spondylitis.

A report in a British medical journal in 1987 reported that 16 pre-pubertal growth retarded children benefited from the use of growth hormone. They all had an increased height velocity of two centimetres per year. In a society that values height, has expectations in sporting and other achievements and that suffers from osteoporosis, diabetes,

and peptic ulcers as they age, the pressure to use any anti-aging products and growth enhancers in the market can be overwhelming. The most effective way to avoid abuse is through education of both physicians and the public.

Vitamin E, is widely distributed in food. The richest sources are vegetable oils, especially wheat germ oil sunflower oil and cottonseed oil. Cereals and eggs are also good sources. The need for this vitamin increases with increased consumption of polyunsaturated fatty acids. It has been recommended that the amount of this vitamin should be such that its ratio to polyunsaturated fatty acids is at least 0.4:1.0, as it acts as an antioxidant for certain fats. Though the therapeutic effects are to be certified, claims abound that this vitamin enhances athletic performance and improves libido.

It has been established by medical science that by promoting the bodies own detoxifying processes, avoiding contaminants from the food we take and consuming antioxidants, the aging process can be delayed. Products like antichokes, which promote the livers detoxifying processes, and eating fruits and vegetables that increase bile production, help in slowing down the aging process. The diet for the future are in the foods that have the best healing characteristics and do not cause premature aging.



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