

Anti-ageing

As we get older, of course there are expected changes in the body, however, we can influence the ageing process by making changes to diet, lifestyle, hormones and environment.

Chronological age is not the same as biological age; many biological factors can be altered to reduce chronological ageing.

One staggering statistic is that one in three women will get osteoporosis. It is a silent thief of bones which does not just start in old age. Osteoporosis can cause severe fractures, killing more women than cervical and ovarian cancer combined. Osteoporosis can be prevented by maintaining healthy levels of calcium, magnesium, zinc, vitamin D and other essentials, checking nutritional status, hormone status and assessing activity levels.

Some people believe that everyone is destined by their genetic makeup, but we can influence our genetic function by adjusting lifestyle and environmental factors.

Typical signs of ageing are:

- overall decrease in energy and vigour
- tendency to become tired quickly
- changes in sleeping patterns, including snoring and sleep apnoea
- weight gain
- loss of muscle tone and strength
- decreased libido and sexual performance
- reduced memory
- hair and skin changes
- arthritis
- loss of senses, such as hearing, smell and vibration
- onset of chronic, degenerative disease

Breakspear Medical's approach

At Breakspear Medical, we offer personalised programmes for screening for cancer markers, Candida and thrush and many other problems associated with ageing.

We can also perform screenings to identify metabolic indicators before illness has become manifest and also identify any established changes. This is followed up with advice about diet and lifestyle focused to provide the basis for a personalised programme to restore health and well being. We can influence some factors to reduce ageing, such as:

- diet
- lifestyle factors such as exercise and smoking
- hormonal status
- balance of nutrients, proteins, fats, carbohydrates, vitamins and minerals
- exposure to pollutants
- stress

The anti-ageing benefits of growth hormones include:

- enhanced immune function
- loss of fat
- increased muscle tone and strength
- increased cardiac output
- improved sexual performance
- decreased wrinkling
- improved memory
- prevention of chronic, degenerative disease

Professional advice

If you are interested in starting a personalised anti-ageing programme, make an appointment for a consultation with a doctor at Breakspear Medical.