

AGING GRACEFULLY

Nutrition * Stress * Sleep * Exercise

Poor nutrition, chronic stress, improper sleeping patterns and lack of physical activity all contribute to premature aging, loss of skin elasticity, weight gain, abdominal fat, anxiety/depression, digestive disorders, skin problems, fatigue and illness. Learning how to manage your lifestyle is key to slowing the aging process and retaining youth. A healthy diet - high in vitamins, minerals, enzymes, phytochemicals, antioxidants, essential fatty acids, fibre and amino acids - along with proper sleep, exercise and stress management techniques, are all necessary for retaining youth and slowing the aging process.

ANTI-AGING DIET

Promotes youth and prevents aging

High in:

- Vitamins, minerals and antioxidants
- Essential fatty acids (EFAs)
- Fibre
- Enzymes
- Whole, unprocessed foods
- Vegetables and fruits
- Filtered water/non-caffeinated fluids

Low in:

- Trans fatty acids (TFAs)
- Sugar
- Artificial flavours, colours, sweeteners
- Refined carbohydrates
(sugar, white bread, white rice, white pasta)
- Processed convenience foods
- Caffeine, toxins and additives

STANDARD AMERICAN DIET (SAD)

Contributes to premature aging

High in:

- Trans fatty acids (TFAs)
- Sugar
- Artificial flavours, colours, sweeteners
- Refined carbohydrates
(sugar, white bread, white rice, white pasta)
- Processed convenience foods
- Caffeine, toxins and additives

Low in:

- Vitamins, minerals and antioxidants
- Essential fatty acids (EFAs)
- Fibre
- Enzymes
- Whole, unprocessed foods
- Vegetables and fruits
- Filtered water/non-caffeinated fluids

Anti-aging Tips

- Always eat whole, natural and unprocessed foods
- Eat a wide variety of vegetables (raw and steamed/stir-fried) and fruits (raw)
- Eat moderate amounts of raw nuts and seeds, whole grains, lean dairy (all-natural or low-fat plain yogurt) and baked, steamed or stir-fried proteins such as tempeh, fish, tofu, lean meat and poultry
- Replace coffee and alcohol with plenty of filtered water, herbal tea and organic green tea
- Avoid refined carbohydrates (sugar, white flour, corn syrup)
- Eliminate artificial sweeteners and trans fats (Aspartame, sucralose, hydrogenated oil, margarine, shortening)
- Eat in a relaxing environment, and avoid eating when upset, angry or stressed
- Practice meditation, prayer, yoga, progressive relaxation, self-hypnosis and/or deep breathing
- Sleep in a completely dark, well-ventilated room for at least eight hours each night
- Play. If competitive sports stress you out, try walking, jogging, swimming, hiking, or practicing yoga or tai chi

ANTI-AGING THERAPIES

Physical Medicine

Physical medicine encompasses a variety of hands-on techniques including massage, hydrotherapy, peat therapy, and other physical therapies such as infra-red sauna and ultra-violet light therapy. Physical therapies slow the aging process, boost metabolism, build immunity and support detoxification.

IV Therapy

Even if you eat well, your body might not be absorbing the vitamins and minerals it needs to fight the aging process. IV therapy boosts the antioxidant vitamin and mineral levels in your body much more effectively than oral supplements. You can choose from a variety of IV cocktails, each designed to help your body repair damage, prevent aging, and recover its youthful vigor.

Botanical Medicine

Naturopathic doctors use herbs from Europe, the Americas, China and India to prevent and alleviate illness. Herbs help slow the aging process in two ways:

- ◆ Herbs nourish the body with the vitamins, minerals, enzymes, fatty acids, phytochemicals and antioxidants that are essential to preserving youth.
- ◆ Herbs help the body eliminate built-up toxins that promote aging and disease.

Acupuncture & Asian Medicine

Traditional Asian medicine includes acupuncture, acupressure and Asian herbs and foods. By rebalancing your energy flow, or Qi (pronounced 'chi'), traditional Asian medicine can help reduce your stress levels and preserve your body's youthful health and vitality.

Facial Rejuvenation & Cosmetic Acupuncture

Cosmetic acupuncture is a particularly effective method of treating the visible signs of facial aging. Facial rejuvenation using acupuncture treats conditions such as acne, age spots, sagging skin, wrinkles, scars, double chins, and under-eye dark circles and bags. Cosmetic acupuncture can help you look and feel better while helping you avoid costly, painful and invasive surgery.

Homeopathic Medicine

Using diluted doses of natural substances, homeopathic medicine can be used to promote detoxification and reduce stress, both of which contribute to aging. Homeopathic remedies can increase vitality by gently rebalancing your body and mind.

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