

ANTI- AGING MEDICINE

According to Dr. Ronal Klatz, the founder of 'Anti-Aging' medicine, this form of medicine can be defined as "the application of advanced scientific and medical technologies for the early detection, prevention, treatment, and reversal of age-related dysfunction, disorders, and diseases." Anti-aging medicine promotes innovative research and its clinical application to prolong the healthy life span. Therefore, the goal of Anti-aging medicine is not merely to prolong the total years of life, but to ensure that those years are optimally enjoyed.

Anti-Aging, or Healthy-Aging?

As we age, changes take place in our body systems. Cellular processes slow down and our organs and tissues become weaker and less able to perform optimally. Historically, we have considered this decline in body function as a normal and inevitable part of aging. Still today, many consider that high blood pressure, high cholesterol and diabetes are normal parts of aging. While these illnesses are very common as we age, they do not necessarily develop if we take good care of ourselves. Anti-aging medicine aims to

reduce these chronic illnesses associated with aging by keeping our organs and tissues healthy. Therefore, its not that Anti-aging medicine is against aging, but rather that it focuses on healthy aging and preserving healthy function well into our later years.

These days, more and more people want to be proactive in seeking medical guidance for ways to stay healthy, active and vital well into their older years. Anti-aging medicine therefore, can act as a platform for lifelong habits of healthy living. Naturopathic medicine goes hand-in-hand with Anti-aging medicine and plays in an important role preserving good health as we age. The foundation of Naturopathic medicine is a 'healthy lifestyle' which includes optimal nutrition, exercise, stress management, good quality sleep, and social connection. Where appropriate, Naturopathic doctors also prescribe herbal medicines, nutritional supplements, acupuncture and homeopathic medicines. The ultimate goal of both Naturopathic medicine and Anti-aging medicine is a prolonged healthy and vibrant life.

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