



Aging (Well) Gracefully

A Lifelong Guide to Your Physical Well-Being

Presented By:

Yvonne A Jones

<http://yvonneajones.com>

DISCLAIMER: This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

DISCLOSURE – Links in this report include affiliate links for recommended products or services. These are personally used and reviewed by my and I'll receive commission for any resulting sales.

Overview

Aging is a natural process that occurs from birth and one that you may give very little attention to in the early part of your life. As you become more mature, however, you start to take note and give more attention to the fact that significant changes are occurring in your body– many of which you are not happy to see or experience.

Healthy aging is accomplished by taking steps to make the process better for you. When you take the necessary steps, you take measures to age gracefully and could even reverse the aging process.

According to experts, none of us can state when your body ages, since after your young adult stage the bodily functions begin to decline. Your body cells slow along with other bodily functions. To slow the aging process and do so gracefully you must eat right, keep your minds alert, take vitamins, exercise; enjoy herbs and organic dishes and so on. You must also need support. Support should include caring people who are willing to listen to you when you need a friend to talk over your feelings.

Support is an essential part of the aging process, because researchers have found that one of the things that affect older persons most is loneliness. And loneliness can create a domino effect in the lives of these members of society.

For these reasons, in this report we will discuss the aging process, normal processes of aging, victorious healthy aging, disease, longevity, bodily changes, and so on. We will also discuss implications in the aging process, misunderstandings, examples, and more throughout this report. In addition, we will take the time to help you find ways to reduce or slow the aging process so that you can live a long and healthier life, and age gracefully.

The Heart

The one thing you will need to consider first is your heart. The heart is the vital organ that is responsible for keeping you alive by pumping the required blood through your veins, arteries, muscles and organs.

The heart also helps to control your emotions, thoughts, and actions. The heart requires healthy substances and chemicals to survive. It also derives much benefit from exercise and support.

As you grow older you experience higher risks of heart disease, high cholesterol, weakened joints, muscles, and sometimes slow functioning of your internal organs. Most people who experience illnesses often feel frustrated and experience feelings of despair. Serious illness can affect any of us, which is why you should take the steps in your younger years to protect your body so that you can avoid certain debilitating illnesses and diseases later on. Of course, nothing is fool-proof and you recognize that even though you may make every effort to protect your body, unforeseen illness can come upon you.

According to experts in aging the incidences of heart disease and stroke are rising more rapidly these days than ever. Therefore, it is essential to be aware of the steps you need to take to protect yourself from the possibility of heart disease and stroke to the extent you possibly can.

How to relieve emotional stress after a heart attack:

If you've experienced a heart attack, likely you feel frustrated, hopeless, etc. The emotions are common after any illnesses, yet you must take steps to control these negative emotions, since it only causes stress on your body. The stress will wear you down and perhaps lead to another heart attack.

After major illnesses, including heart attacks, you may have to learn to focus on each day, instead of what happened before or what will happen in the future. You only have control of each day you live. Try doing something you enjoy.

Walking is a great way to reduce the risks of heart attacks. You can also visit friends or family members that make you feel good about yourself.

Support is essential. If you have support, you will have friends and family members who will open their minds to your feelings. You should never allow your feelings to linger in your own mind without expressing what you feel. Express your feelings to people you trust. Take time to listen to them and let these people know what you need. . Holding back emotions can lead to soaring complications.

If you lack family support, or friends are not close by a suggestion is to look for support groups in your area and join with them as much as possible. The support will help you to share information with people who understand what you are going through.

While many people have a negative attitude toward support groups, many people have also found them to be of benefit because these groups are made up of people who have had experiences similar to yours and so they are able to relate to the emotions and feelings you may be experiencing. Knowing that others understand is of great benefit to you.

Exercise:

Exercise is an essential element in your lives. It helps to reduce stress, emotional reactions to illnesses, anxiety, and stimulates good hormones in your body so that you can enjoy a feeling of well-being. This in turn helps to reduce the effects of aging.

Healthy Aging and Doctor Visits

Many persons find visiting their doctors a challenge because they are afraid of hearing negative news, but you should strive to overcome this fear as it is better to know if there are changes taking place that could affect you adversely and have these corrected or addressed without delay. Others, on the other hand, enjoy their doctor's visits.

How visiting your doctor regularly benefits you:

You should see your doctors at least once a year to get your yearly exam, unless you have illnesses that require frequent visits. This will help your doctor keep watch over your health. The doctor keeps a watch on your blood pressure, check your heart and so on. Breast exams, vaginal exams and other exams are essential for women. It is recommended, for example, that women over 40 should get an annual mammogram. Experts still differ as to whether these should be annual for everyone over 40 years or every two years. Your family history also plays a role in this. Another examination women should ensure that they have every year is a pelvic examination and Pap Smear.

Healthy Aging – Your Home

You can all appreciate the term, aging gracefully. Do you know exactly what this means? When you think of growing older, it is always affiliated with pain and discomfort. You read about ways to improve your inner mind and body but the focus should also be about your environment. By taking care of your immediate surroundings of where you reside, this can help you to lead a healthier and happier life.

It is said that home is where the heart is, and your home should be a place of sanctuary. It should not be a source of physical and emotional stress. Creating a healthy home can be more complicated than you initially think because some elements may be out of your control.

Many persons have allergies that sometimes lead to illness. You may have to do an evaluation of what items you can remove from your home to avoid this. Some persons have had to remove carpets, rugs or other dust catchers; bathing pets on a regular basis; and investing in an air filter. You will find dehumidifiers and humidifiers online, or at your local stores, which can help reduce elements in your home that cause allergies.

Your home should be *nurturing*. This would include bringing the outdoors in and may include adding cut flowers, bringing in pieces of rocks or other natural elements that give you a sense of nature.

Put green plants in your home. This is essential to filtering indoor pollutants. The recommendation for the quantity of plants is two plants to every 100 feet. In addition, the plants will distribute natural oxygen throughout your home. What a great way to live a healthy aging life!

Fewer items mean less frustration. Clean out the clutter, let go of the things you do not use or need. If you think you need these items, sit down and weigh the pros and cons. If you see that the cons are higher than the pros, get rid of it. Let it go.

In addition, take advantage of the sun; allow as much sunlight as possible to flow through your house. This gives your home a feeling of warmth.

Did you know that colors affect you emotionally and affect the way you feel in a home? Every color has a significant meaning that could represent your physical and mental state. For example:

Red room: Energizing; supports energy and passion and creates movement: Great for an exercise room, not recommended in your bedroom.

Yellow room: You may use the color yellow as accents instead of painting all walls. The results will still be positive.

Green room: Brings balance and tranquility but has the same energizing qualities. Often used as a calming place for thinking for people in trouble or just needing to feel refreshed. Green plants, flowers, etc all bring nature into focus, which makes the heart feel good.

White room: Essential for feeling cleansed and purified. However, remember that too much white brings a sterile environment that can also cause one to feel isolated. Make sure to accent a white room with a vibrant color when painting all white. This is a perfect color for ceilings to brighten up with sunlight.

Improving your life could easily start in the home, whether its trying something new with something natural or changing a color, these are easy methods to create harmony and balance in your surroundings, not to mention inspiration and warmth. The more effort you put into aging healthy, the more you will see good results.

Tip: Animals have proven to be a source of healing. Allow a friendly critter to touch your heart. Remember, healthy aging means taking care of you.

Healthy Aging Means Taking Care of You

Taking vitamins is as important as anything else you can do is. Vitamins will provide your body with repair tools. Vitamins will lessen the dangers and the risk of you getting some of the chronic diseases that occur as you age. Your diet alone may not provide you with all the vitamins that you need. In fact, experts show that millions of people in the world suffer malnutrition despite the fact that they eat three healthy meals per day. For example, people may eat too much fast food; go on fads or quick weight loss diets that harm the body.

Maybe you're a person who eats many processed foods because of your busy life style and there is just no time to cook the right meals. You could be one that stops off at a fast food place to eat three or four times a week before going to work or home from work because you are just too tired to fix supper.

It may be a challenge but it's better to take the time to fix a meal and sit down to enjoy it; doing this will cut down on the calorie intake and it helps to relieve stress because your doing something good for you and or your family.

Women especially are natural nurturers who spend a lot of time thinking of everyone else. It's important to take time out for you. Stress is bad for your heart, which affects your blood pressure, nervous system, and is hard in general on your body.

Try doing a little exercise to stay healthy as you age. Every little bit of exercise you do is better than not any at all. An average person should exercise at least 3 times a week for 30 minutes. A person has many options when it comes to exercise. Walking is a great exercise, since it helps you keep your muscles more flexible and stronger.

How being happy makes you live a longer life:

Happiness is another way to stay healthy as you age. Being happy and being with friends is always a good way to keep the stress away to. Don't let yourself get depressed and down; it will make your aging come upon you sooner than you want and it can cause you to be a very sick person. Depression is an illness and you want to stay away from that. Again, there is no way you can stop from aging so stay in good health and slow it down. Keep yourself happy, do your exercises and take your vitamins. Staying active helps keeps the stress down, keep you stronger and you'll feel better for doing it.

Healthy Aging with Vitamins and Supplements

The aging progression in your bodies is an ongoing thing each day of your life. Bringing the clock to a standstill is out of the question so you need to take care of yourselves on a daily basis. It is a known fact that as you age you need dietary supplements and vitamins to substitute the declining bodily chemicals and substances.

Dietary supplements are sometimes needed because as you age your diets change and you eat less. Sometimes you eat more. As your skin and digestive system starts to change, so do your vitamin levels. In order to keep these levels up you may need to take a supplement to bring that level up where it belongs to keep us happy and healthy as you age.

Not having the right vitamins can cause cancers and chronic diseases to develop. You need to understand the vitamins that you need and how they will help keep to stay healthy and safe. In all, you have two different kinds of vitamins; one is the fat-soluble [A, D, E, K] and the second one is the water-soluble [B, C, P].

The fat-soluble vitamins should be taken with caution as too much can have a negative effect on your body. Your body produces vitamin D and K, and vitamins A and E need to come from your food or a supplement to help prevent cardiac disease and some cancers. Therefore, it is very important that you have the right amount of A, C, and E.

The water-soluble vitamins help the kidneys to rid of your excess waste on a daily basis so it is very important to get the right amount daily. You should consult with your physician to learn which vitamins and supplements are best suited for you.

Some things you need to know are that Vitamin D is produced from the sun and the older you get the less time you may spend outside, so by taking vitamin D it can help the brittle bones in your body and make them stronger.

You can find B-12 by eating the right lean red meats, chicken and drinking skim milk. Taking Vitamin B-12 and B-6 it helps to reduce heart disease. B-12 will help the red blood cells produce and maintain the nervous system as well too.

Are you not taking vitamins because it is too hard to swallow them?

As many persons get older they have a hard time swallowing. Stay healthy by buying liquid vitamins. If you are not sure what ones come in liquid form ask your doctor and he can help you decide what you need and tell you if they are in liquid form or not. Some pills can't be cut up or crushed because they lose their strength, so stay healthy and look for the liquid type.

One of the most important things about healthy aging is to have a well-balanced meal three times a day. Take your medications and vitamin everyday as your doctor has prescribed and enjoy life. Your quality of life is essential to maintain healthy aging.

Healthy Aging and a Good Nights Sleep

Sleeping is important at any age, but as you age it takes on more importance. Aging brings on a different sleep pattern and you need to learn how to control it so when it is time to sleep you sleep well.

It is normal as you age that it becomes harder to get a good nights sleep and feel rested when you wake up. Sleeping is as important as your diet and activities.

Did you know that it is harder for women to sleep more than men as they get older?

Women have more tendencies to feel stressed out more and they sometimes are just too busy to get themselves into an exercise routine. If you don't get enough sleep at night, it will reduce your alertness during the day because you're tired. Long periods of sleepless nights can cause high blood pressure and isn't good for the heart either.

There are many reasons why some people can't achieve a restful night's sleep.

Sometimes you might sleep but it is a light sleep and you need to have a deep restful REM sleep.

Sometimes you may awaken during the night from pain perhaps caused from arthritis.

Sometimes you may experience heartburn, which causes you to get less sleep. Snoring or feeling depressed sometimes can also cause you to loose sleep. You may have a stressful day followed by the lack of sleep. Muscles spasms can also cause a person to loose sleep.

How you can reduce the problems that cause you to lose sleep?

- ✓ Caffeine, alcohol, and nicotine can cause us to lose sleep. Try not to drink liquids before going to bed, and stop smoking. Smoking not only harmful to your body but it can cause you to lose sleep.
- ✓ Excessive noise in the house, the TV or radio in the bedroom and snoring are some more reasons that can keep us from sleeping. Don't try to go to bed and watch TV or listen to the radio; this will only keep you awake longer.
- ✓ You can learn to enjoy exercises to reduce muscles spasms and/or arthritic symptoms. You can also reduce eating unhealthy foods that cause heartburn, or drinking caffeine-based substances before you go to bed to improve your sleeping pattern.

- ✓ Do you have a pet that sleeps with you? Even though you think they are giving you comfort it could cause you to lose that precious sleep you need. You may not realize it but every time your pet moves, maybe snores; you can hear this while sleeping. Maybe you might have to get your pet a bed and let him sleep on the floor next to you. If you have allergies, your pet may be the cause, which can make you loose sleep as well.
- ✓ Napping is not good if you take one during the day for more than 25 minutes. Maybe you're not getting enough sleep during the night and you get tired in the afternoon. However, when you lie down during the day and sleep for a long time, you may find it difficult to sleep when it's time for bed.
Some persons have found that drinking a glass of warm milk helps them to sleep better. Studies have shown that warm milk helps a person to relax. Learn more about the things you can do to live healthier.

The “Do Not” list:

Don't exercise before going to bed. Exercise will get you all pumped up and your heart rate goes up, you'll get yourself going and then you won't be able to relax. Exercise routines are best done in the morning, since it boosts your energy. When you wake up, work out before you continue your day since you will find it much easier. On the other hand, some people prefer to workout in the afternoon. If this is you, the afternoon is good as well, since it will boost your energy from the earlier part of your day. Don't overdo it, rather work out at your own pace. Do what your body says you can do. You can work out in the evening, only work out an hour or two before you go to bed. You will increase energy, yet by the time you resume for the night you will feel relaxed.

What keeps you awake?

- ✓ Snoring is something that can keep you awake at night. Sometimes snoring occurs from obesity or sleep disorder and so on. If you have a snoring problem, perhaps visiting your doctor will help you find the answers to your problem.
- ✓ Losing weight by exercising can give you the activity you need for those bones as well as sleeping and sometimes losing weight isn't bad for us either.

- ✓ Your partner may snore as well, which keeps you awake at night. If your partner snores ask him/her to visit the doctor to find out if a medical condition exists. It's better to know now, rather than wait until it is too late.
- ✓ Depression and stress can keep us from getting a restful night of sleep. Aromatherapy and listening to relaxing music may also help to relax you and lessen that depression and stress.

If sleeplessness continues, consult your physician. Talk to your doctor to see if he has any ideas that can help you live healthy. Perhaps your doctor can provide you with healthy sleeping remedies that allow you to sleep peacefully.

Activities Promoting Healthy Aging

Start a walking program in the morning to help wake you up, while boosting your energy. You will feel better since the joints will feel flexible enough to move freely. In addition, walking will help you burn fat and calories. You'll notice a big change in how you feel the rest of the day.

Start out walking at a slow steady pace for as far as you're comfortable. Each day pick up the pace a bit and walk further. Just remember when walking that you want to work up to a steady brisk walk to make you sweat but not out of breath. Take a short walk before and after meals to calm your nerves, and burn calories too, it will give you energy, relieve that stress from the long day and help you sleep.

If you start a walking program for yourself, it is a lot more fun if you have someone to go with you. Talk to that neighbor you don't know and maybe they'll walk with you. Just think about it; you'll be acquainted with someone new, talk about new things will relieve stress and get in your exercise as well. This might help that neighbor too who maybe hasn't seen or talked to anyone in a couple of days and then they can sleep better at night. After walking that brisk walk your doing be sure to cool down. When walking at a vigorous pace your heart rate will go up and it needs to be back to normal. Just walk a bit slow and relaxing until you've cooled down.

If you can't go to sleep at night instead of getting up and turning on the TV try pacing around the house. Do some stretching and shake your arms and legs. Even walking around the house can relax you especially when everyone else is in bed and you can relax more. Your brain plays a part in healthy aging as well.

Healthy Aging and Your Brain

Your diet is very important to keep the brain healthy, as you grow older. Eat as many colorful fruits and leafy vegetables as you can. Vegetables are known to help your brain to perform and become better. If vegetables can help prevent cancer, it has to be good for the brain as well.

Fruits and vegetable are full of antioxidants, vitamins, and minerals along with being low in fat and calories. Antioxidants have proven to benefit us, since it contains vitamins known to reduce dying or damaged cells. Eat those blueberries the color is known to improve short-term memory.

The brain releases stress hormones to help use manage some stress but if too many hormones are released it can damage the nerve cells. Depression can set in if the hormones are released too much and fast.

Aging Gracefully Includes Practicing Stress Reduction

People are often unaware of what stress can do to their body and mind. Stress is bad for the heart. Stress will give you headaches, or make you feel depressed. Stress can do many harmful things to your body and mind, yet in some instances stress is good. Balancing stress is the key to living healthier.

If you live with unhealthy stress, you will need to take action to reduce the volume. You have many options to relieve stress.

What can you do to get some relief from stress?

Some of the things that may help you to find relief from stress include:

- ✓ Reading a good book. Wrap yourself up in a warm blanket or cool area depending on the weather and enjoy a good book.

- ✓ Writing is one of the top keys that help you to reduce stress. When you are overloaded with stress, write down your feelings, emotions, and thoughts.
- ✓ You could also enjoy a nice hot, bubble bath. Add some candles around the tub; soak and enjoy.
- ✓ Support is a great tool. Build up a support group that helps you live healthier, rather than wearing you down.
- ✓ Avoid negative people who drag you down.
- ✓ Eat healthy and exercise regularly

Success and Healthy Aging

When considering healthy aging one must take in consideration that longevity plays a part. Longevity has changed since the 19th century. Nowadays women are living well past 90 and men are living well beyond 80 years of age. Again, transience or mortality has changed, which has increased life expectancy.

To live a healthy and long life one must take steps to reduce aging.

Aging Gracefully Includes Positive Thinking

Many people wander the earth believing they lack the strength and power to achieve their goals. This negative mechanism holds them down. You can gain motivation and live healthier, by simply telling yourself “I can do it.” Anything you put your mind to, you can do it if you want to.

How to tell yourself ‘I can do it’:

Just say today ‘I am going for a short walk. Tomorrow I will walk a little longer than the first day.’ You have to be in control of your thoughts, actions, and behaviors by building the power of your mind. Nevertheless, if you do not put your mind to it and you decide that you do not want to become active, and then you are only living a life filled with shortcomings. Your negative reflections will defeat the purpose of getting your thoughts in control. Saying I will do it later, is another negative reflection. This is called procrastination, which leads to laziness. Laziness leads to weak muscles and joints, which gradually builds up to medical problems.

Take control of your thoughts. If you want to do something bad enough you will do what you have to do to get where you want to be. You need to make a goal and stick to it. Create plans that help you to reach your goals, and take action each day to achieve. When you give up, it is a sign that you lack faith in self and is a clear indication of weakness. You need faith to stay strong. You also need positive thinking to strive. To stay positive you have to admit your feelings and express them. If you feel depressed or frustrated, being able to verbalize it to a friend helps.

Reward your self with a massage or listen to your favorite music. Make a plan and stay with it no matter what. Just remember you can do whatever you want to do and keep your mind set for the good things and not the bad things. This will make you feel better and make you a happier person. If you're happy, you will have a healthier life. Don't forget to create a goal. Don't make the goal so high that you won't be able to keep it, but make it so that while it causes you to stretch up and out, you can meet your goals.

Your Doctor's Appointment

- If your doctor is not already aware of them, tell your doctor about all your past history of illness. He needs to know what immunization shots you have had and what treatments you've had in the past. If you can't remember, keep records and dates handy. Knowing about your family health is important as well. Some illnesses run in the family and the doctor needs to have an idea what to look for when he makes his diagnosis.
- Always keep a list of current medications you're taking, including over-the-counter drugs.
- Before you go to see your doctor write down questions you may have. Ask him to explain. Always ask questions if he says or does things and you're not sure, what they are for. Remember a question not asked is a stupid one. Tell him if you are already taking a drug and you don't feel like it is helping. If you don't agree with what your doctor is saying always feel free to get a second opinion.

Routine check-ups are very important to a healthy you. Having routine checks may not seem important but there could be something going on and maybe your doctor can catch it in time before it progresses too far. Make sure you get your flu and pneumonia shots every year as recommended. The shots may not stop you from getting the flu but it can lessen it so you won't be so sick. Get help with depression that can set in on older people faster than others do.

Most importantly, do not take your health into your own hands! One little thing like a sore throat that won't go away could be a serious problem and it is very risky in the end. So, don't just keep trying to treat it yourself. This is what doctors are all about.

See your doctor especially if you're experiencing a squeezing in the chest, having severe pain, your vision is blurred, trouble talking and swallowing, feeling weak on one side or the other, dizzy or confused, your doctor may find something more serious than you think it is. In addition, if you notice blood in your urine or stool, depression set in for any length of time and a fever lasts longer than it should, you should see your doctor.

Herbs Helping with Healthy Aging

Many herbs can help you maintain good health. If you are healthy, you will feel better in all areas. Herbs are like vitamins. Herbs are all natural so they will not harm you. On the market, you will find herbs of all sorts.

How are herbs used and what do they do?

Herbs are used for many reasons. Herbal teas are used to cleanse the digestive system, or overall internal body. Herbs are used as medicines, vitamins, supplements, etc. It depends on what you want to use the herbs for which ones you get. You will find herbal teas used to treat common colds as well. Herbs are available to help reduce wrinkles, or other aging features.

Some of the popular herbs include *Kava-Kava*. *Kava* is used to reduce anxiety. *Kava* will also help you relax and sleep.

Another herb is *Plum Flower*. The herbs are used to treat people who suffer with various illnesses, including migraines, hypertension, cancers, heart disease, gastro intestine problems, and common headaches. *GUI-PI* supplements are great for workaholics. The herbs work to nourish the mind. *Eleuthero-* supports the system by providing you with improved blood circulation. *Ginkgo Biloba* is a great herb that increases blood circulation. The herbs will help the lungs function proper, while distributing or promoting oxygen flow, which in turns produces freedom of blood flowing to the brain.

If you have difficulty with joints and muscles, which may be caused by arthritis, bursitis, or some other type of joint, muscle, or spinal disease you may find benefit from tea pills. Inflamed joints cause pain and swelling. You will find Joint-specific tea inflammation pills that assist with relieving you of these symptoms. During mid-age you may take delight in the rejuvenating teas. The teas will help you feel good. On the market, you will find many helpful herbs that promote healthy aging.

One of the better herbs for those suffering with memory loss or forgetfulness is *Ginkgo Biloba* herbs that support healthy brain functions. *Ginkgo Biloba* is designed to enhance mental alertness.

How do I find more information about the herbs?

You can find all sorts of herbs you want at most pharmacies and health food stores. You will find herbs online as well. It is good to check out the herbs online, since you will have additional details that help you to learn what herbs are used for. Just remember to ask your family doctor before you take herbs. Some medications work against herbs, or vice versa, despite the fact that herbs come from natural resources.

How do I know herbs are safe for me to take?

Herbs are natural, so in most cases herbs are very good to take. Herbs rarely cause side effects like many other drugs sold, but side-effects have been experienced by some. This is why you should visit your doctor first before taking any herbs, over-the-counter meds, or vitamins. For the most part if you find the FDA approved herbs you may not experience side effects.

Bodily Changes and Healthy Aging

The musculoskeletal system is the first area that most diseases and illnesses start. Still, one can reduce such disease by avoiding injuries to the muscles and joints. You can do this by avoiding accidents when possible, abuse, excessive alcohol, drugs, and tobacco. You can increase your health by exercising, eating healthy, socializing with positive people, and avoiding environmental toxins.

Many people as they grow older lose a degree of hearing. In some instances, people go deaf after 40. This condition is called presbycusis, which is a sign of aging. Since this condition is common for those aging, it is natural to dislike things you once liked. For instance, if you enjoyed concerts when you were younger, and now find that you do not enjoy concerts at all, it is because your hearing has changed, which means that the high-pitch of hearing is affected, which slowly wore down the lower hearing tone.

When hearing is impaired, it often seems like those talking are inarticulate. Since the hearing is tarnished, the person will hear speech differently. For instance, the use of K may sound distorted, which affects comprehension. In other words, an older person may hear the CH in a word, such as Chute Up, and believes that someone is telling them to shut-up. The CH is distorted.

You can help those with hearing difficulties by learning sign and body languages to help them relate to you. These people can also benefit from hearing aids, or Assistive Listening Devices. The devices act as hearing aids, since it allows a person to block out noise in the background while focusing on the speaker.

As a person grows older his or her weight changes, and moreso for those with a family history of obesity. The body fat starts to change up to 30% by the time a person reaches 40. The changes affect the body tremendously, since this is the start of wrinkles and other natural aging signs.

Middle Aging in Healthy Living

As you start to age normal body fat increases up to 30%. The fat will spread out over the body, which usually the stomach gets the highest volume of fat. The skin has less fat, which cause the skin to thin out. As the skin thins it causes wrinkles to occur. Unnatural wrinkles occur when a person smokes or else exposes the flesh excessively to the sun throughout their life. As the skin thins, the functions and the body form starts to disintegrate and organ reactions or functions begin to decline.

Since many people engage in sedentary lifestyles, smoke, use drugs, drink excessively, eat unhealthy, etc. it is often hard for experts to determine normal healthy aging from unnatural aging.

When a person lives unnatural lifestyles the anatomy and the physiology aspects are overtly affected. This means that the nerve cells decline its action, which affects the basic useful unit of the Central Nervous System. (CNS) The neurons make up the cell bodies. The cells die, which are replaced by living cells. As you age, the dying cells gather and the living cells fail to reproduce newer cells to replace the older cells. This mark can lead a person to cancer, or other types of deadly diseases. For the reason you want to learn remedies, about vitamins, supplements, etc that restore dying cells.

Of course you are not capable of stopping the natural course of life altogether, but you do have a chance to slow nature's process.

Once the cell bodies are affected, the dendrites in the brain start to decline also. When the dendrites start to decline it is a sure sign that mental confusions will follow. When dendrites are affected in the brain, other areas of the brain are affected as well. As you can see the chain of decline continues until it finally reaches the main regions of the bodily functions. Your mind and body constantly changes, as you grow older.

Replacing Hormones for Healthy Aging

Aging can affect all of us by changing your hormone levels. As you age the level of hormone that is formed by your glands decline. Your glands produce the hormones and release them through the blood streams. As you grow older, hormone production slows. To correct the slowness sometimes hormone replacement is essential. You want to check with your doctor always before taking any non-prescribed supplements, therapy treatments, etc.

Your body produces two major hormones that are very important. You start to lose these necessary elements as aging progresses. Your body relies on estrogen and testosterone to keep your metabolism, sex reproduction functions and so forth healthy.

Testosterone is not only important for the men but women too. Men need a higher-level of testosterone. The hormones are what promote facial hair, larger muscles, and deeper voices. Testosterone is what makes the men seem younger and helps them to perform sexually, since it is their drive. As it lowers in men, they lose their sex drive. On the other hand, too much testosterone in your bodies can induce side effects, such as heart disease and enlarge the prostate glands. For this purpose, you want to consult with your doctor before taking replacement hormone therapy.

Estrogen is the other major hormone that your bodies need to keep up with life in general. Women take estrogen to counteract menopause by taking a supplement direct by their doctor. Taking estrogen can also help reduce the risk of osteoporosis, heart disease, Alzheimer's. Estrogen therapy reduces your risks, yet side effects can lead to uterus or breast cancer. Some women experience blood clotting while others may not. In addition, some women have endured heart attacks and strokes after taking estrogen therapy units.

Like all other supplements or treatments over-the-counter, one must consult with their physician before taking the treatments. Discuss the good and bad points of taking replacement therapies, such as estrogen and testosterone.

Hormones and All that Good Stuff in Healthy Aging

Stomach weight is associated with making the arteries age. Your arteries supply blood through out your whole system and if these become blocked it can cause many problems for you. Obesity can lead to a heart attack, memory loss, the skin will wrinkle and strokes can occur too, which is all caused from the blocked arteries. Your diet plays an important role in helping to keep these arteries clear. You need to include a certain amount of goods fats in you diet if nothing else eating nuts for a snack.

Keeping the mind busy and enjoying activity helps the brain and it will help prevent depression, anxiety and stress. Everyone seems to get these three things as you age because you slow down and don't get out enough. It is very important to be with people and get that exercise to keep your mind from thinking and worrying so much.

Watch your diet keeping it in control and enjoy many activities. You'll feel and look better as you age. You can consider all these aspects, yet to find a clear vision of what healthy aging means to you, you have to consider hormones.

The glands produce several hormones, including the Human Growth Hormone. (HgH) Science shows the body produces enough but it doesn't release all of it as you age. The low levels of human growth hormone cause wrinkling of skin, reduction of energy and sexual performance. Gray hair is incurred from hormonal deficiencies. The hormone will also cause increases of body fats, and puts you at the risk of heart disease. You will lose muscle mass from deficient HgH, which can lead to shrinking of bodily organs.

Studies have been conducted that show results from 26 men. These men were between the ages 61 and early 80s. The studies shown that the supplement of Human Growth Hormone slowed the aging process 10-20 years total. After giving HgH, these men showed improvements, which enhanced muscle strength. The skin tone was enhanced as well as the memory. The overall of aging has not been stopped but important signs of maturity were improved.

Vitamin A is known to help the eyes but in recent studies, it was discovered that it is also helps release the human growth hormone. Just remember when buying supplements in a health food store the labels are not always accurate.

When taking any hormone replacement supplements make sure that you consult with your doctor, only he or she knows what is best for you. Since supplements, Vitamins, or replacement therapies may include side effects, you want your doctor's advice first before administering these remedies.

Women rely on estrogen to maintain healthy bones. Women need these hormones to reduce the risks of shrinking in bone density. Women will often experience symptoms that form into osteoporosis when estrogen is deficient. Estrogen will often slow as a woman ages, and usually after menopause the woman's lipid levels drop.

This can cause high cholesterol also, since LDL increases. In addition, lipid levels when increased can lead to blocked arteries, or coronary blood vessel/artery disease. After a woman goes through menopause her ovaries begin to slow the production of progesterone and estrogen. These major hormones control menstrual cycles, which stop at this point.

Men rely on testosterone to maintain their youth. This hormone controls a male's sex drive, facial hair growth and so on. You all have your hormones that perform many actions, yet in some instances you need replacement, especially as you grow old. Sometimes replacing the hormones will slow the aging process, thus promoting healthy aging. The many examples in the body senescence, or changes factor into healthy aging:

Preventing Bone Disease in Healthy Aging

Each day you live, you grow older failing to see that your bones and muscles demand activities to continue strength, endurance and resistance to life's nasty living demands. Your bones need continued activities through out your lives starting as a child. Until you turn 30, the bones continue to build. After this age, the bones begin to disintegrate. You can cutback this degeneration process by taking care of your bones in youthful days.

How it is achieved:

Bone health is achieved through activities, such as exercise. In addition, you maintain healthy bones by increasing calcium. Supplements are available, which include the FDA marked remedies to help reduce bone loss from natural aging.

Taking calcium is very important during your entire life. Children should drink 2 cups of milk each day and adults 3 cups. Calcium in food is better to take than pills because you get more of it; food sometimes doesn't have the right amounts in it due to the way it has been processed. Get that calcium in your body at an early age and keep it there. Besides calcium however, your bones demand a mixture of magnesium. You will also need a healthy dose of phosphorous. Vitamin D facilitates calcium to flow through the bloodstream. Free flowing bloods make a healthier you.

To improve bone density, you also need to start at an early age getting plenty of vitamin D. While getting Vitamin D from the sun is the easiest way, because of the potential dangers from overexposure to the sun's rays, you may have to include supplement in your diet. You can benefit from weight-bearing exercise as well as just walking. Keeping those bones strong will help you survive falls. Falls is one of the leading reasons of bone breakage or fractures, especially as persons grow older.

Unfortunately, adolescents don't realize the importance of taking care of your bones. As these adolescents pass puberty however, their bones start to decline. Once a person reaches 50, the bones start to deteriorate, which puts you at high risk of fractures, disease and breakage. As the bones weaken, the muscles and joints will also degenerate. Injures then can lead to gouty arthritis, arthritis, and osteoporosis.

The high-risks of bone fractures are charted, which include hip fractures being the most common injury among the elderly. Hip fractures may sound like a minor ordeal, yet the truth is hip fractures are responsible for some deaths.

Weak bones can be averted even into middle age. It's never too late to repair or mend your bodies.

Staying fit is the key to preventing risks of disease; hip fractures etc. since the bones will stay healthy. In view of this fact, you will want to consider a daily schedule, which includes activities and exercise. You want to keep those muscles free to move, since the muscles protect the bones. Stretch workouts and exercise will prevent your joints from feeling stiff, which joints support the muscles and bones.

When you exercise you, maintain your weight. As you start to age, the body fat increases to more than 30%. This is too much added weight for the muscles, joints and bones. Carrying around this kind of weight on the feet, legs, etc will cause problems later. Reducing your weight, if necessary, will help prevent and lower your risks of heart disease, bone disease, high-blood, high-cholesterol, diabetes and so on. How is your lifestyle keeping you healthy?

New Adventures in Healthy Aging

High fiber foods have been linked to potential weight loss and control. Foods that are high in soluble fat are more filling, you eat less of them, and there is the lost of more calories. When trying to lose weight be sure to consult with you doctor beforehand, because it might not be the best choice for you. Diet supplements can be harmful even the fiber ones.

Your journey continues:

As you reach 40, you start to look back. Throughout your life journey, you have established a residence, vehicle, children, and more. Now that you are older, you find it harder to maintain or keep up with the bills. Seems the harder you try, the more difficult it becomes.

It may be time to sit and discuss your situation with your family and make adjustments.

Helping You to Age Gracefully

Wouldn't it be great if you could go to a fountain of youth and stay young forever? Since many things are beyond your control, you have to work to the extent possible to control the areas that you can in order to insure that you age gracefully. You have choices, which include some of the things you can do to help you feel younger. Do you recall that saying you are only as old as you feel? If so then take care of yourself so that you will feel younger than you are.

What are some of the things you can do to feel younger?

- ✓ Give attention to exercise and your diet. This will make you feel a lot better as you start aging. You have to eat three meals a day, which your family doctor can help you decide on the right diet for you. Then while you are at the doctors you might want to ask him/her what kind of exercises you can do.
- ✓ Walking is a good exercise to do, but swimming is the best exercise that you can do as long as you swim in fresh water not a pool. The bleach in the water isn't good for you. Swimming pools are great, however, since you can keep them as clean as you wish, providing you have your own pool. Remember when you start out exercising, take it slow and be careful so you do not harm your self.
- ✓ You can also take vitamins to help you as well. Vitamins will help to boost your mood. Vitamins will supply ingredients that boost your energy so that you can do what you want to do in life. You want to stay active so you can keep aging gracefully. Some people are too busy to incorporate activities into their life to keep them healthy. Don't let this be you.
- ✓ Socialize with people and visit different places, doing things that you have not done but always wanted to do in life can help. Perhaps you can take a trip to Paris or England or just visit places of interest in your country that you never had the opportunity to visit.
- ✓ Practice the Golden Rule in your life. It will make you a much happier person.

What are some of the things I need to stay way from?

1. **Stress:** Stress will wear you down. Stress can affect your health, which in turn can cause you to feel ill. In fact, unwarranted stress is not good for the heart. Stress will make you feel depressed and is not good for the mind.
2. **Depression:** Depression is not good for you either. This is another thing you will want to avoid to the extent you are able. You will want to stay away from people that will bring you down in life. You need someone that will help uplift you, not wear you down.
3. **Over-the-Counter Medication:** Exercise caution when taking this type of medication and get to know the effects these may have on any prescribed medication you may be taking. Always consult with your doctor.

Socializing to Continue Aging Gracefully

It is always a good thing to have friends whom you can socialize with. There are so many good things about being around people. It is difficult living alone without someone there to lend you an ear when needed. Experts tell us all the time to get out and enjoy life, since withering away, locked behind the walls of your home will affect your health.

What problems can non-socializing cause?

Non-socialization can affect your mind and body. Usually a person who refuses to socialize will sit around wallowing in self-pity. The mind starts to stress out, which leads to depression. While you may enjoy being alone away from stressful relationships, you need balance since sometimes you need company. You need to be active so you stay healthy you need to socialize with people like you need the sunshine. With out socialism you will feel tired and sick all the time.

Why is socializing good for me?

Socializing is good for you, since it gets you out to meet other people. You keep active, which great for building and strengthening the bones, joints and muscles; and don't forget – your mind. Studies were conducted with proven results stating that those who stay active can live to healthy aging.

Dealing with Diabetes so You Can Enjoy Healthy Aging

Learning to deal with diabetes is never easy. Still, those with diabetes can live healthy lives provided they adhere to a [controlled diet](#), medications (if applicable) and exercise. Diabetes is a serious condition. The disease affects all major organs and is a killer.

What is diabetes?

Diabetes is a disease that you can get if you do not eat right or take care of your body. Genetics play a part in diabetes as well. In fact, hereditary is a large part of the problem. The disease can cause blindness. The disease can lead to amputation of legs, or feet. Diabetes is a disease that when your body does not produce enough insulin to break down sugar in the bloodstream. Diabetes includes two types, yet various levels are considered. Diabetes includes Diabetes Insipidus and Mellitus.

The first diabetes is where your body is incapable of producing enough insulin to do what it's supposed to do. This type of diabetes is treatable. You do not have to start with medications, especially if you have been diagnosed with pre-diabetes. You can stave off full-blown diabetes by changing the way you eat as well as implementing a program of exercise to maintain your health.

I was diagnosed with pre-diabetes five years ago and I found this [report](#) to be extremely helpful in guiding me on what to eat, what supplements were recommended and the types of exercise that would benefit me. By following the advice found in the report, five years later, I've not been diagnosed with type 2 diabetes.

Diabetes Mellitus has five types. Each type results from insulin interruptions whereas the system is disrupted. The disruption causes chaos within the body's ability to function. The body cannot act naturally and it takes insulin shots to treat this condition depending on the type.

How would I know that I have diabetes?

If you go to your doctor on a regular basis, your doctor will monitor your health. If you have family history of diabetes, let your doctor know so he/she can conduct random testing. A glucose test is necessary to find diabetes. Blood lab tests are useful also to spot diabetes.

I wrote a post on this at <http://takecontrolofdiabetes.com/2010/09/get-to-know-risk-factors-of-type-2.html> and invite you to read for more information on who is at risk for diabetes 2.

What you should watch for?

Drinking but not filling your thirst quench. If you feel fatigue often and don't know, then you should be tested. Diabetes, depending on the type makes a person feels weak, endure pain, unexplained weight loss or weight gain. The disease is so confusing to the bodily functions that it doesn't know the direction to head.

What can I do to help me not to get this disease?

No one has control over disease but you. If you adhere to regular checkups, the doctor can spot the disease at an early stage, so that the disease can be managed.

What happens to those with diabetes?

Unfortunately, the disease is not partial. The disease targets young and old alike but type 2 diabetes is the one that affects older persons. Once the disease develops it puts the person at risk of blindness. Some people lose their legs or other limbs resulting from diabetes. Most people with diabetes are at risk of kidney failure. If you already have diabetes then listen to your doctor and follow all instructions. One of the top recommendations to diabetes patients is to consume as much fluids as possible. Your body is losing fluids as diabetes drains your bodily organs of its natural elements. You will also need to avoid saturated fat foods and basic sugars. In addition, your doctor will need to test you regularly to make sure that the disease is under control.

You want to take care when diabetes is present since it can lead to meningitis, headaches, tachycardia, dehydration, muscle weakness, pain, and so on. In addition, if the disease worsens you may endure blurred vision, sexual dysfunctions, slow healing, and so on. Again, diabetes is a killer; so take care of your health.

How to live with health problems while aging gracefully:

The first thing you have to do is to accept the fact that you have certain medical conditions. This can be hard for you but if you are mentally able, you have to do this. Once you accepted it is easier to move ahead and take the next step. Acceptance will help you to better understand your disease.

Remember, you are not the disease. The illness is something that is reducing your abilities to function healthy in life. Still, you can function healthy by taking necessary actions.

You can get the information off trusted websites if you would like to learn more about your condition. Learning will help you by allowing you to understand your disease. In fact, learning will help you to find interventions, preventions, and perhaps cures for your disease. You can talk with your doctor as well.

Learn what you can from your family doctor. Once you have accepted what you have and have learned about it then you can move on to the next step. Which is to live your life to the fullest. Do what you can do while you can, go see places that you would not normally go to, but now have more time to do so.

How would I get a second opinion?

Getting a second opinion is always important if you've been diagnosed with any disease. You can start with talking to your family doctor and see what he/she may think. Although a second opinion is good for you to have if your not feeling comfortable, you want to continue seeking advice. It is in your best interest to find a qualified doctor to give you a second opinion. Sadly, you may have to visit a few doctors to find one that makes you feel comfortable.

What can I do to help myself?

You have the power to help yourself. You can take action by eating right. You can improve your health by taking vitamins and supplements intended to help fight disease and make you stronger.

You want to socialize and avoid isolating yourself. Be social and don't stay in your room crying to yourself. Doctors persistently ask their patients to express their feelings. Expressing your feelings is helping you to fight for healthy aging.

Make sure you make all your family doctors appointments. You want to stay on your toes when dealing with disease. Visiting your doctor regularly will help you stay in control.

When you feel blue, go for a walk. If not outside maybe, you can walk around your house. Walking will help you to stay strong.

You may benefit from participating with a support group of some sort. You need support; and having someone that understands your disease makes better friendship.

If you don't want to go out and be around your friends then why not get a pet as a friend they can help you though this as well they will walk with you and play with you and be your best friend though all of this.

Vitamin E and Healthy Aging

Did you know that at least 200 IU daily of vitamin E can help fight various diseases? Studies found that alpha tocopherol, or Vitamin E has proven to fight particular diseases. Studies show that Vitamin E may help with oxygen preserving and potentially offers cure for various diseases. Taking 200 IU daily may trim down up to 40% or more of oxygen preserves, which controls bodily organs and the heart. The vitamin seems to have a "anti-coagulant" that has proven to support the overall bodily functions. Vitamin E was discovered to reduce blood clotting and can help prevent heart disease.

The vitamin is said to assist with dilating blood vessels. This means the heart will receive the blood flow it deserves to stay healthy. Vitamin E has also been linked to an anti-aging solution. Many doctors believe that this helpful vitamin will stabilize a person's overall development or maturity. In fact, German doctors called Vitamin E the fountain of youth. In extensive studies, vitamin E was found to promote blood flow. According to the findings, Vitamin E when present is a resister to aging.

Vitamin E is linked to promoting hemoglobin. Since aging has an unknown affect on blood cells and bone marrow, doctors believe that Vitamin E's support to hemoglobin is a potential solution to solving disease related to hemoglobin. Your hemoglobin structure detains oxygen for an extended time, which means that oxygen will flow smoothly. Vitamin E has been linked to reduced risks of disease, since it is said that oxygen will stay within the cavities of hemoglobin at a lengthier time. This means that the person will live a healthy, youthful life.

In view of the facts, doctors found that this vitamin may reduce the risks of anemia. Vitamin E was discovered to perhaps purify the blood, which allows it to flow smooth throughout the body. As you grow older, your body experiences many changes, which prompts aging plaque. When plaque builds up it will cause wrinkling, sagging, crowfeet, and other visible signs of aging.

Vitamin E works to maintain metabolism by potentially keeping away fatty acids, which are saturated. (Learn more about hydrocarbons and peroxides, which are aging toxins). At what time saturated fats join with Vitamin E to slow aging. You need a degree of fatty acids, yet when the acids build it creates elements that promote aging. Vitamin E has shown signs of controlling the blood fats, keeping the fats at bay. Blood fat is also linked to aging. Therefore, you can see that vitamin E has much to offer. Yet, some experts argue that Vitamin E has side-effects that could cause harm; many other experts uphold the ability of support that Vitamin E offers.

Vitamin E has also shown signs of reducing ailments of the muscles. The healthy regimen of vitamin E daily according to experts can reduce arthritic symptoms. According to experts, arthritis and its sister components may link to rapid aging. Vitamin E has shown to reduce leg cramps. In fact, studies were conducted by doctors who tested their patients. The patients complained of leg cramp, which doctors recommended Vitamin E. During this particular study the patient who ceased Vitamin E reported cramping in the legs. The patient was asked to start up the vitamin once more and when he returned to visit his doctor, the leg cramps ceased.

To learn more about vitamin E and what it can do for you, research your topic to find your purpose. Eating right takes time and skill, since it often is harder than people believe to achieve their goals.

How Working Promotes Healthy Aging

Working is a good way to stay on top of your health. Many things about working make a person feel good both inside and out. The knowing that you can do something to make a difference on people's lives is a great inner feeling.

How does working make me happy?

Working will keep you healthy by keeping you in shape so you can maintain. Working forces the brain to continue processing, which is good when one is trying to stay healthy. Work boosts your self-esteem. Your self-esteem when satisfied will be so high you will not know what to do with it. You won't feel depressed, since the stress is less on you. Just knowing that you are going to meet your bills on time will give you a peace of mind.

There is a lot of reason why you should work to stay healthy. If you're busy working you will not have time to sit and stress over certain things that inevitably come into your mind when alone, including perhaps dealing with the empty-nest scenario, loss of loved ones, etc.

Fighting High Cholesterol in Healthy Aging

Too much cholesterol causes many medical problems for one. Cholesterol is something that clogs the arteries in your heart. In addition, cholesterol when out of control could cause massive heart attacks, or series of strokes.

What can I do about my cholesterol?

Take control. Failing to take control only leads to problems. You can gain control by exercising each day and eating the right foods. Visiting your doctor regularly is another way to work toward healthy aging. Your family doctor will help you work on methods to reduce your cholesterol that may or may not include medication. In so doing you can lower your risks of diabetes, heart attack, and obesity.

Keep in mind that high cholesterol problems include the worst case scenario and the not so bad. The worst type is the LDL. HDL cholesterol at higher levels is a good thing. If these levels combined with triglycerides increase, thus your chances of stroke or heart attacks are high.

The normal or average reading should be 140 or 130 over 200 mg/dl. If you can maintain this level, you will be ok.

If the cholesterol gets out of hand, it hardens the arteries. This means the blood will not flow through to the heart, making it to pump naturally. The heart will pump at unnatural rates, working harder to keep you alive.

High diastolic is high cholesterol that increases risks of heart attacks, since your heart doesn't get any blood to it due to clotting or breaking of blood vessels, then there is stroke which is when the brain don't get enough blood due to oxygen decrease to it because of clotting or broken blood vessels. High-cholesterol puts you at risk of diabetes also, since it affects the hemoglobin. To learn more, visit your doctor.

The Aging Body in Healthy Living

Geriatric doctors are the men and women in the branches of medicine that study seniors or aging. These experts often focus on aging or the aged since the majority of disease start in later years. There are many other types of illnesses that affect the older population, but your healthcare provider, especially a doctor who specializes in geriatrics, is your best support in diagnosing and treating so that you can live a long, healthy life as you age gracefully.

An important point to note here is that you have to work with your support system, whether it's your family, friends, your doctor, or a support group. Keeping good records is also essential in order to keep track of any changes in your overall health so that these can be addressed quickly.

CONCLUSION:

You cannot stop the aging process, but you can do your part to make the process more pleasant and enjoyable. By maintaining a positive outlook and exercising care and balance in what you do, practice the Golden Rule, and build strong faith you can age well and age gracefully.

I hope you enjoyed reading this report. If you have any questions, please contact me at: yjones@mysuccesscircleonline.com and I will answer you personally.