



# The Wolfe Clinic News

Aging

## Live Long, Live Healthy

We all dream of a retirement where life is carefree and easy; to find a spot to replant our roots and enjoy the best years of our life. After all, retirement is not about lying down, it's all about living; and the true meaning of life for the elderly is being able to take pleasure in activities such as travel, camping, fishing, skiing, hiking, golfing, cycling or just relaxing in the sun. Retirement is also about having the time to learn and experience new things! In order to accomplish this dream you must remain healthy and strong. However, the sad fact is that statistically, many of us will allow our health to wane and never truly enjoy the golden years.

Today, there are more than 40 million North Americans over the age of 65. Within the next 20 years the maturing "Boomers" will swell that number to 140 million; over 35% of the entire population. In other words more than one in three will be a senior, many with serious health problems. From this fact, the question naturally arises; how will our society handle the inevitable rise in health care costs that will come with the increase in the aging segment of the populace?

Already, the traditional health system (government health agencies, hospitals, insurance companies and other NGOs) are drawing up plans to control future health care expenses. Patient care will become even more secondary and absent will be a verifiable mechanism for allocating health care resources to the elderly. These policy makers are using terms like "de-marketing of services," "management of patient mix" or "age-based health care allocation." What this means, in plain English, is patient dumping or Age-Based Rationing. Ethics, compassion and fairness don't enter into their equations, they just argue that a clear system of rationing health care services for the elderly must be implemented to avert a financial disaster.

All of us should be very concerned. One such age based health rationing plan specifically proposes to cut off all but the most basic medical care at the age of eighty. This policy would be instituted through the Medicare/Medicaid system and would refuse to fund needed treatments beyond an established age limit.

This makes it very clear that in the coming years there will be increasing limitations on seniors access to traditional medical care. So, if you are not rich, over 40 or if you are a caregiver for an elderly relative, now is the



time to start considering the natural alternatives/complements to the traditional medical system.

Of course, the very best alternative is to regain or maintain your own health. Your goal should be to stay independent and healthy for as long as you can. You can only rely on yourself and if you remain healthy you can help those you love to stay independent and healthy as well.

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The Wolfe Clinic  
"FEAR IS THE GREATEST DISEASE"



## The Reality of Aging

Growing older is an experience we all share. We are not as strong as we used to be and, for many of us, illness inevitably becomes more of a problem. This is a natural process affecting each person differently. While aging cannot be stopped completely, it and its effects can certainly be slowed down to a vast extent through a combination of good diet, proper nutritional supplementation, healthy water, exercise, professional support and looking after your mental health.

You simply require an extra effort to acquire and maintain a fit, active and healthy body and mind. It's ironic that we spend enormous amounts of money researching the diseases of aging while neglecting the very real possibility of avoiding them altogether by slowing down the aging process using simple natural rules.

Again, the aging process affects each person differently, however, most of us will experience similar changes in our physical and mental abilities. Most of which are preventable.

## Those changes are:

- **Vision.** By age 65, one person in three will suffer some form of sight problem. As we age, our pupils shrink and the lenses of our eyes thicken. This causes the eyes to adapt more slowly to varying light conditions (from dark to light and vice versa). Perceiving contrasts and colors may become difficult and there may also be a decline in depth perception that can make it hard to judge distances.
  - Other common eye problems are cataracts, (where the lens inside the eye becomes cloudy, gradually impairing vision) glaucoma, (caused by a pressure in the eye resulting in optic nerve damage and loss of peripheral vision) and retinal deterioration (degeneration occurs when the central part of the retina, the macula, is damaged. This may be a slow or a very quick process. Central vision may become blurred or distorted with dark spots).
  - **Sense of Touch.** As we age our sensitivity to heat, pain and pressure may decrease. This might make it more difficult to detect an objects temperature or changes in ground or floor surfaces.
  - **Sense of Smell.** Our sense of smell may diminish with age, making it harder to smell important things like spoiled food, leaking gas and smoke.
- **Sense of Hearing.** Hearing loss can also result in a decrease in balance which makes falling and injuries more likely.
  - **Bone Density.** Bones become weaker with age and bone loss can lead to painful fractures, loss of mobility and lowered self-esteem. Osteoporosis can affect the posture and body structure. During the later years in life the body loses bone and muscle and gains fat because of a number of factors such as inactive hormones.
  - **Arthritis.** Arthritis will attack the joints, making normal movements difficult or painful.
  - **Balance and Walking.** Balance is an intricate function involving the inner ears, eyes, muscles and joints. If any one of these change, as a result of aging, a general decline in equilibrium will occur making it more difficult to maintain balance. A small slip or trip can easily become a serious fall. The tempo of walking, the length of a person's stride and the height the heels are lifted can change with age. These changes can also make a fall more likely to occur.
  - **Memory.** In general, sharp brains tend to stay sharp.
  - **Sexual dysfunction.**
  - **Sleep Disorders.** These may include difficulty falling or staying asleep, early morning waking and daytime sleepiness. This is a common problem for elderly people. More than half of people 65 years or older report chronic sleep problems. Sleep disorders may

cause poorer activity levels, impaired daytime functioning, depression, overall poor health and a higher incidence of heart disease and other chronic illnesses.

- Prostate problems.
- Dental problems. The elderly are more likely to suffer problems that cause dry mouth, leading to infections of the mouth and tooth decay. There are hundreds of commonly used medications (many of them for chronic conditions to which the elderly are susceptible) that will dry out the mouth.
- Emotional and Psychological Changes. The elderly experience many stressful changes such as retirement, the loss of loved ones or changes in physical appearance. Change is an inevitable aspect of growing older. However, a person can learn to accept and deal with these changes in a positive manner.

There are many less common but more severe illness and problems associated with aging. One of the most serious is dementia. This is

a syndrome which describes a disorder of memory and behavior. It may be caused by any number of conditions that can destroy brain cells. Basically dementia is brain failure that worsens over time. It progresses from mild through to moderate and finally to a severe stage. Individually, it progresses at different rates.

Alzheimer's disease is the most common of these diseases and it is a chronic form of dementia that results in severe memory loss and eventually death. At least 5.2 million Americans currently suffer from Alzheimer's and by 2010, there will be over 500,000 new cases identified each year. The average lifespan of someone diagnosed with Alzheimer's is around eight years, although many may survive much longer with proper care.

#### **Symptoms of dementia:**

- Lack of comprehension of what is going on in the world around you
- Loss of your immediate and distant memory
- Loss of your recent memory
- Loss of the capacity to use and understand words
- Loss of the capacity to know right from wrong
- Loss of the capacity to speak
- Loss of the sense of where your body parts are in relation to other people and objects



- Easily agitated and restless
- Walking aimlessly
- Wanting to escape
- Wandering
- Difficulty starting and stopping routine tasks
- Misunderstanding words and using them in the wrong way

The significance of the effect on the brain due to dementia is substantial. The problems due to memory loss cause confusion about who people are (including close relatives), time and place, and about everyday objects we take for granted like a cup or a spoon. Just like preventing diabetes or heart disease we can take steps to prevent dementia.

#### **Take care of yourself and your Family**

The first step in obtaining and maintaining your vital health is recognizing your own limitations and being extremely forceful in seeking assistance from any source. The recipe for achieving good health at any age is really quite simple; a healthy diet, correct supplementation, avoiding risk factors, proper hydration, exercise, emotional support, rest and sleep.





There are many prevention strategies for reducing the risk of dementia and they should be adopted early in life. It is possible to protect the cells in your brain from pre-mature damage. In fact, a few changes in your lifestyle can actually help to improve your brain power. The result is enhanced mental performance, increased cognitive abilities and better memory; something that we all could do with.

- Lower your cholesterol level. Professor Kaarin Anstey, from the Centre for mental health research at the Australian National University in Canberra, Australia published her findings on the link between high cholesterol and dementia in the American Journal of Geriatric Psychiatry. There may be a number of reasons why this is so but the main theory is that free radicals damage brain cells. People with diets high in antioxidants with lots of fruits and vegetables appear to have a much lower incidence of dementia. Another theory is that excess fat contributes to dementia due to inflammatory chemicals that speed up the ageing process.
- Lower your weight. A study on dementia published by the

John Hopkins University found that obesity increased the risk of dementia by 80%.

- Control your blood pressure. There are many natural ways to accomplish this without resorting to expensive drugs that can cause side effects. The prime examples being; regular exercise and healthy diets.
- Work your brain constantly. Learn new things, start new hobbies, solve puzzles and keep stimulating your brain. Things like driving a new route to work, using your left hand instead of your right (or vice versa, if you are left handed) or take some educational courses. Anything different will help to work your brain and boost its power. Those who keep an active mind preserve the ability to think clearly and effectively.

There are many general steps and rules that will slow down the aging process, keep you healthy and assure a long and happy life. These apply to the brain as well as to your overall state of wellbeing.

#### **Healthy diet.**

Please read last month's article on food combining. It has a wealth of information on healthy diets. In general a plant based diet is the best diet for disease prevention and longevity. Diets high in meat and animal products, including dairy, slow the brain and accelerate aging.

To live a long and healthy life, your diet should consist mainly of fresh vegetables and fruit. However, as we age, proper supplementation becomes nearly as important as diet. It is best to consult a professional. Speak with one of our consultants to design a program best for you.

#### **Exercise.**

A regular program of exercise will assist in slowing down or preventing degenerative conditions that affect us all as we grow older. Physical activity increases your stamina and strength as well as improves cardiovascular and respiratory health. This also has an indirect benefit on your vision. Also, according to one study, the odds of developing Alzheimer's were nearly quadrupled in people who did not exercise regularly. As well, exercise has been shown to improve a senior's balance and confidence. Overall, regular exercise (3 to 5 hours a week) is one of the most important things you can do to maintain your health and to live a long life.

#### **Healthy water.**

With proper hydration, all health programs become more



powerful, more efficient and work faster. All experts agree that next to the air we breathe, water is the most essential thing we will ever put in our bodies. It is best to speak with one of our consultants in order to learn what is best for your needs.

### **Nutritional supplementation.**

Proper supplementation, vitamins, probiotics, antioxidants and herbal remedies are a must as we age. There are many natural supplements that will help to keep you young, healthy and active. As we get older our bodies may no longer be able to produce the enzymes and nutrients they desperately need to remain fully functional. As well, researchers are discovering the many other benefits of common supplements like vitamin D (such as cancer prevention). However, simply taking supplements is never a good substitute for a healthy diet. It is best to speak with one of our consultants to discover what is best for you.

### **Rest.**

Sleep, rest and relaxation are very important to maintain good health. If you suffer from sleep problems, there are some simple techniques to combat them. Keep a regular sleep schedule, don't smoke, avoid alcohol, minimize noise and light, get regular exercise and attempt to go to bed earlier every night for a few days. One study found that light exercise increased sleep time by 45 minutes per night in elderly people with sleep disorders. Exercise reduces emotional stress via the physical workout and reduces the tension levels, thereby increasing the body's likelihood of inducing sleep.

### **Support.**

When you need help, get help.

Whether it is professional assistance or you simply need to speak with someone, do whatever it takes to fill the need. Keep the channels open with friends and family. You should never have to face a problem alone.

### **No smoking or heavy drinking.**

**Cleansing.** Cleansing is very important and there are many well designed natural cleansing programs that will increase your longevity and help to keep you healthy. Again, it is best to speak with one of our consultants to learn what is best for you and your situation.

**Far Infrared saunas and mats.** They can help eliminate toxins and improve the cardiovascular system, as well as improve your overall health. This natural healing heat helps to improve blood circulation, strengthen the cardiovascular system, ease joint pain or stiffness, burn calories and relax muscles. Visit our website to learn more about these and the many other health benefits of Far Infrared Ion Technology.

### **Socialize.**

We are not solitary beings and thrive amidst society. Studies show that being a social person is not just good for your personal life, but helps to keep your brain and body healthy. Being a loner can lead to depression and decline in health so it is important to interact with others regularly.

### **Personal hygiene and appearance.**

Personal hygiene is an important part of everyone's daily routine. Being personally hygienic can make you feel great. Not looking after yourself only serves to induce depression and frustration. It is therefore important to maintain a hygiene routine.

### **Lifestyle changes.**

A program specifically designed for you with some of the above, combined with common sense adjustments such as eating healthy meals and regular exercise will place you firmly on the road to a energetic lifestyle. Once more, speak with one of our consultants to learn how to live a long and healthy life.

## **Enjoy a healthy and long life**

Once again, you should take pleasure in your senior years as the best years of your life. This is the time to learn and experience new things. To do this you must remain healthy and strong. It is all about loving, living and taking charge of your health. You can do it if you keep in mind that a healthy body and sound mind are the most important resources you own.

If you need assistance, the Wolfe Clinic's Natural Health Practitioners are here to help you make the right choices. There is tremendous value and support in a discussion with a knowledgeable professional. They will give expert advice and design a protocol that works specifically for you. Your questions or concerns are promptly answered via email or phone... We are always there for you. The Wolfe Clinic will simplify and take the mystery out of your situation.

The Wolfe Clinic has over 27 years of successful practice and experience in creating successful health programs. This expertise is available to you for the price of a bottle of supplements. It includes a one on one consultation and unlimited follow up support.

Make sure to visit our web site at [www.TheWolfeClinic.com](http://www.TheWolfeClinic.com) or [www.ShopTheWolfeClinic.com](http://www.ShopTheWolfeClinic.com).

Read the "Spoiled Rotten" and the "Reclaim Your Inner Terrain" booklets and look at the Food Combining and Acid Alkaline Charts. It is never too late to start living a healthy life.

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The Wolfe Clinic Consultants

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