



WESTBOROUGH CHIROPRACTIC

Healthwire

The Secret of Longevity

Researchers from the University of Cambridge who statistically analyzed lifestyles of about 20,000 relatively healthy subjects report they have found four basic lifestyle habits that can add about 14 years to your life when all are observed: Don't smoke; get regular physical activity; eat five servings of fruits and vegetables daily; and drink alcohol in moderation. Social class and excess weight did not seem to affect the outcome. The ages of those involved in this study ranged from 45 to 79.

Aerobic Exercise Keeps You Young

British study found it shaved 10 to 12 years off biological age

A person who maintains aerobic fitness may delay biological aging by up to 12 years, a new analysis shows.

Jogging and other types of aerobic exercise improve the body's oxygen consumption and its use in generating energy (metabolism). However, a steady decline in maximal aerobic power begins in middle age, decreasing about 5 ml/ (kg. min) every decade, according to the information in the analysis.

When maximal aerobic power falls below about 18 ml in men and 15 ml in women, it becomes difficult to do any activity without experiencing major fatigue. A typical 60-year-old sedentary man has a maximal aerobic power of about 25 ml, nearly half of what it was at age 20.

But research shows that a long period of relatively high-intensity aerobic exercise can increase maximal aerobic power by 25 percent (about 6 ml), which equals 10 to 12 biological years.

The analysis was published online in the British Journal of Sports Medicine.

"There seems good evidence that the conservation of maximal oxygen intake increases the likelihood that the healthy elderly person will retain functional independence," said

study author Dr. Roy Shephard, of the Faculty of Physical Education and Health and Department of Public Health Sciences, at the University of Toronto in Canada.

Aerobic exercise also reduces the risk of serious disease and promotes faster recovery after injury or illness. Additionally, it helps maintain muscle power, balance and coordination, which reduces the risk of falls.

Researchers Look at How Frequency of Meals May Affect Health

The health consequences of eating one large meal a day compared with eating three meals a day has not been established. Now two recently published journal articles are among the first to report the effects of meal skipping on key health outcomes, based on a study involving a group of normal-weight, middle-aged adults.

The first study analysis showed that consuming a one-meal-per-day diet, rather than a traditional three-meal-per-day diet, is feasible for a short duration. It showed that when the volunteers were "one-mealers," they had significant increases in total cholesterol, LDL "bad" cholesterol and in blood pressure, compared to when they were "three-mealers." The changes in cardiovascular disease risk factors occurred despite the fact that the "one-mealers" saw slight decreases in their weight and fat mass in comparison to when they were "three-mealers."

Further analysis of the study group showed that when the volunteers were "one-mealers," they had higher morning fasting blood sugar levels, higher and more sustained elevations in blood sugar concentrations, and a delayed response to the body's insulin, compared to when they were "three-mealers."

Editorial

Get adjusted to keep moving.

Eat more frequently with smaller meals.

Exercise instead of taking medication.

It's your health, make time!

Dr. Dave