

Foodsense Think yourself young



Nutritional therapist **Beata Rachowiecka** has worked in many private clinics in and around London, including Harley Street, written for local publications and lectured to a variety of interest groups and organisations as well as running her private practice Focus Nutrition + based in Berkshire, website: (www.focusnutritionplus.co.uk), tel: 01753 814228.

WITH EVERY summer passing, we realise that almost another year has gone by, children have matured and grandchildren have grown taller. Some may see that this passage has affected our bodies and resulted in some obvious changes while others may feel a need for an afternoon nap or an earlier bedtime than previously.

So what happens to our bodies as we travel through time?

Many scientists have sought the answer to these questions, and what they came up with was anything but unanimous: we all age as fast as we think we will! Perception is everything – they found – and people who thought they felt younger in their hearts and minds looked younger on the outside, let alone had better laboratory tests to prove it...

However, some changes have been observed and shared by the group that did not think themselves young any more. The

ageing process has registered mostly within their cells – notably in the energy-producing mitochondria. With time they have been shown to lose their ability to produce enough energy for all internal body processes to run efficiently, as well as for their daily activities.

The deterioration in the body's optimal functioning can occur for many physical reasons and, in time, have consequences, too: impaired digestion and absorption, poor nutrient status (lack of protein, vitamins, minerals or essential fats), poor elimination via skin, bladder or bowel, slower thinking speed and greater fluctuation of moods.

When unaddressed, illness may follow and become chronic due to lack of adequate intervention on the lifestyle level. Sometimes poor choice of medication taken to ease several uncomfortable symptoms, or just to maintain the status quo, may compound the situation. Lack of movement

in fresh air to boost oxygen supply can often be the cause of the above and further aggravate the ageing process.

So how can you help yourself stay younger for longer? First: think yourself young. Your body-mind will register the energetic ripples this sends within you and spur you on to make other changes towards enhanced vitality in your life.

Second, ensure you seek all the best, fresh, organic ingredients for your meals and prepare light dishes full of herbs and spices like turmeric, thyme and cinnamon. Eating these regularly while emphasising such ingredients as oily fish, free-range eggs, sprouted seeds, grains and beans, as well as plenty of water, will do the trick.

When energy is flagging allow yourself a moment of rest. Last but not least, taking a good multi-nutrient with essential fatty acids will boost your reserves and give you more stamina.

Yoga class

Gail Willis continues her series of simple hatha yoga moves

YOGA INSTRUCTOR Gail Willis has recruited her mother Janet Rogers to help demonstrate yoga exercises in *Choice* every month.

In each picture Janet, who is 78, illustrates the basic position for each exercise – the easiest one for the beginner. Gail illustrates the maximum position for each exercise.

You should start following Janet's position and try to increase gradually towards Gail's advanced level.

"Only build up to a level that you are comfortable with," says Gail, who is a full-time yoga instructor in Kettering. "With some exercises you will be able to do the maximum level

of stretch, but with others you will achieve only the basic move. It doesn't matter – even the easiest will be good for you and make you feel good."

Find out more

■ To contact Gail, tel: 01536 515311, mobile: 07762 575118
 ■ To find a yoga class where you live, ask at your local library, county council offices, tourist information centre, sports centre, a local school or anywhere that runs evening classes.

Hand exercises

This exercise stretches the hands, exercises the joints and makes them more flexible. Circulation is improved and it is said to be good for mild arthritis.

Janet keeps her arms at shoulder height as it is gentler on the shoulder joints and muscles. Gail takes the arms up for the more challenging exercise.

Sit on the floor or a chair comfortably with a straight back, but no strain. Interlock your fingers and push your arms out as straight as you can, no shaking allowed.

Start with Janet then work your way up to Gail's position. Start holding for five to ten seconds, lower your arms and repeat up to three more times.

When taking your arms up like Gail have your arms either side of your head, brushing your ears.

As always when stretching do not hold your breath or allow pain to creep in.

Next month: Standing lunge

