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Guest Speaker

HEATHER BIRD – ANTI-AGEING SPECIALIST

WHAT IS ANTI-AGEING MEDICINE?

When you think of anti-ageing, do you think of skin rejuvenation and treatments for wrinkles and lines? Did you know that anti-ageing, like beauty, is more than skin deep? Anti-Ageing is not only about LOOKING YOUNGER -- It is also about FEELING YOUNGER AND FUNCTIONING YOUNGER.

Because of breakthroughs in scientific research, ageing is now considered to be a treatable medical condition. Anti-Ageing Medicine, a new clinical speciality has stepped forward to lead a revolution in healthcare, with a focus on optimum health and wellness for all ages. It promotes not only living longer but also living better and healthier.

The aim of Anti-Ageing Medicine is to keep our bodies functioning at more youthful levels, and for longer. The rate at which organs and body systems age, varies with different individuals. Your body and brain function can be older or younger than what is average for your chronological age. For example, a chronologically 60-year-old person may have the physiological age or function comparable with what we would expect for a 45-year-old person, while a 50-year-old may have diseases and ill health paralleling the physiological decline that we would expect in an 80-year-old individual.

Using advanced scientific and medical technologies; Anti-Ageing Medicine is creating a new medical model based on the early detection, prevention, and reversal of ageing-related dysfunction, and diseases. It is also changing the entire approach to medicine—from that of waiting for disease to occur and treating symptoms to that of focusing on prevention and optimizing wellness.

Along with prevention and early detection, the foundations of anti-ageing are nutrition, exercise, stress management, correct supplementation, and bio-identical hormone balancing for both men and women. This is not conventional and patent HRT, but natural (not synthetic) hormones that are biologically identical to those found in the body. As we grow older, there is a decline in our body's ability to produce its natural hormones such as thyroid, oestrogen, progesterone, testosterone, DHEA, melatonin and HGH. As our hormone levels diminish, so does our body's ability to repair and regulate itself, accelerating the ageing process. We suffer menopause, andropause, weight gain, and lack of energy, as well as degenerative diseases, such as osteoporosis, heart disease and diabetes. Replacing and balancing our hormones to more youthful levels, helps us to be biologically younger. Following are some of the benefits of Anti-Ageing Medicine (including bio-identical hormone balancing in conjunction with proper nutrition exercise and health care):

- More energy
- Sharper memory
- Better concentration
- Less fat
- More muscle mass
- Younger, thicker and smoother skin
- Hair re-growth
- Stronger bones
- Stress resistance
- Stronger immune system

- Mood elevation
- Enhanced libido and sexual performance

Much cutting edge research is being done in this field, and biomedical information is now doubling approximately every 3.5 years. Many respected Anti-Ageing scientists are predicting healthy vital lifespans of 120 to 150 in the near future. There are already multitudes of 70-year-olds performing, thinking and feeling every bit as well as when they were 55.

You can benefit now. Anti-Ageing Medicine is improving the lives and health of thousands of people right now with hormone treatments, nutritional supplements, diet, and exercise programmes that can help prolong the pleasures of youth. It is never too early to start, and never too late to benefit from it.

Read more about Heather Bird
www.hbhealth.com