



## don't anti-age - pro-youth

The search for a fountain of youth has continued since civilisation began – but never before have we witnessed so many leaps and bounds closer to that elusive holy grail of longevity, say Keith and Justine McFarlane. They tell us more.

Longevity experts believe we should live to be at least 100, and cutting-edge technology could soon extend that by a few decades. It seems that our next few generations are going to inherit technology that started as a slow train in the early 1900s and sped up to a supersonic bullet of youth over the past two decades. The problem is, we are fighting a war and while on the outside we may win some of the cosmetic battles, it seems that the eventual outcome is inevitable. We are only dealing with the symptoms and not treating the underlying cause – cellular ageing.

### Pro-youth movement

When asked whether she would attend an anti-war rally, Mother Theresa replied: 'No, but hold a pro-peace rally and I'll be the first in line.' In a similar way, with anti-ageing, the glass is always getting emptier. Pro-youthing, on the other hand, seeks to address the imbalance and refill the glass. The only way we can

win the war is to stop fighting and start living in harmony with Mother Nature.

Understanding how our cells work may seem like a daunting task, however in the early part of the 20<sup>th</sup> century, Nobel Prize winner Dr Alexis Carrel performed an interesting experiment. He placed chicken heart tissue in a balanced nutritional solution, which he replaced every day. Eventually, after 28 years, when the cells did not die of ageing, he came to the conclusion that under the right conditions, cells are immortal. It was the fluid in which they are bathed that degenerates. The secret to continuing the pulse of life, it would seem, lies in maintaining a balanced cell environment.

### Agents of balance

As research continued, scientific focus honed in on the hormones, and found that as we age, we become noticeably deficient in certain key hormones. The most important hormone from an ageing point of view is growth hormone, released by the pituitary gland. Initial studies of growth hormone supplementation looked promising, with subjects showing significantly higher levels of lean body mass and bone mineral density as well as improved skin flexibility – all qualities associated with youth. Unfortunately, the elation was short lived, as side-effects began to emerge which included carpal tunnel syndrome, swelling in the arms and legs, joint and muscle pain and more seriously, a possible link to diabetes and heart disease.

Later research revealed that rather than stopping production of growth hormone, the pituitary gland stops releasing growth hormone, giving rise to the use of secretagogues – stimulants that cause the body to produce and secrete its own hormones at a greater level. While this seems more natural, there are two major drawbacks – the body adapts to the nutrients and it still does not address the underlying reason as to why the body has lost its natural ability to release the hormones.

### Flipping the switch

Today, medical science has continued to make groundbreaking discoveries and, armed with this information, technology is now moving right into the nucleus or heart of the cell. While investigating DNA, scientists discovered something very interesting with the caps at the end of the chromosomes, called telomeres. These are like 'fuses' or 'countdown clocks' that determine the longevity of a cell. Every time cells divide, the telomere gets a little bit shorter. When the telomere runs out, cell division stops and life comes to an end.

Our bodies have an enzyme called telomerase that should rebuild our telomeres, but unfortunately the ageing process turns this enzyme off, which means there is usually no way to stop the clock from ticking. Thanks to technology, however, scientists have now discovered a supplement that appears to flip the telomerase switch on, slowing the shortening process and even rebuilding the telomeres. Called TA65, it is touted as

**Regular exercise is vital to relieve stress, reduce insulin activity, maintain lean muscle and promote the natural release of growth hormone.**

the most expensive supplement ever produced, making it unavailable to all but the rich and famous – a hefty price to pay for poor genetics.

### Cell requirements

In order to be healthy and function optimally, all cells have the same basic needs – quality nutrition, appropriate exercise and a healthy environment. These are the same factors that encourage your telomeres to lengthen and become more youthful. The best quality nutrients can only be found in fresh, natural whole foods like pesticide-free fruits and vegetables, whole grains, seeds and nuts as well as organic lean meats, fish and poultry. And make sure you drink eight glasses of purified water everyday. Avoid or substantially reduce all artificially coloured, flavoured, preserved, refined or genetically modified foods – especially anything that spikes your sugar/insulin levels.

Supplement with a quality food-state multi-vitamin and mineral and include Omega 3s, an antioxidant like astaxanthin and resveratrol, ubiquinol Q10 and Vitamin D to counteract free radicals and stress.

To ensure health cells, you also need an exercise that targets every system in your body.

For longevity enthusiasts, rebounding or jumping on a mini-trampoline is a natural choice. Harnessing the triple force of gravity, acceleration and deceleration, rebounding (aka cellercising) boosts lymph drainage (clearing cellular waste), increases oxygenation and nutrient delivery and strengthens every single cell in the body. Tested and endorsed by NASA and CANSA, rebounding on a quality 'soft bounce' unit, can be safely enjoyed by users of all ages and all levels of health and fitness.

Just by eating more healthfully and enjoying some activity, you'll start a snowball towards a more positive outlook. Add 10 minutes of relaxation (meditation, yoga or just listening to music) and some deep breathing exercises, and you'll notice a significant improvement in your outlook, health and overall sense of well-being.

Most importantly, it is not about the quantity, but rather the quality of life that matters. Pro-youthing is about taking each day, one at a time, and savouring each moment as if it were your first. □

# Multi-tasking Exercise

- LYMPH DRAINAGE
- MUSCLE TONING
- BONE DENSITY
- FOCUS
- FITNESS
- ENERGY
- IMMUNITY
- SKIN TONE
- DIGESTION & ELLIMINATION
- SLEEP QUALITY
- WEIGHT CONTROL
- STRESS MANAGEMENT



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www.reboundsa.co.za

info@reboundsa.co.za

(011) 682 3584/8 073 1777 439



