



OPTIMISE THE AGEING PROCESS

Inflammation

Inflammation accelerates ageing by causing cellular damage, impairing repair mechanisms.

This leads to faster breakdown of tissues, impaired immune function, and the visible signs of ageing such as wrinkles and joint stiffness.

Diet: Fibres, protein, and healthy fats.
limited-no sugars, processed foods, intolerances, and limited carbohydrates

Lifestyle: Hydrate well, quality sleep, meditation and stress management

Supplements: Tumeric, Omega 3, Vitamin D, Magnesium and Probiotics

Visceral Fat

Excess visceral fat promotes inflammation, hormonal imbalances, and oxidative stress, which can speed up the ageing process.

It also contributes to muscle loss, cardiovascular issues, and shorter telomeres, all of which can lead to premature ageing.

Diet: Unsaturated fats, cut out processed foods and refined sugars.

Lifestyle: Exercise consistently, stay hydrated, no alcohol intermittent fasting

Supplements: Omega 3, Green tea extract, Conjugated Linoleic acid and Pro-biotics

Circulation

As we age, reduced circulation can lead to slower delivery of oxygen and nutrients, affecting organ function, skin health, and muscle strength

Diet: Fruits and Vegetables, Healthy Fats, Whole Grains, Nuts and Seeds

Lifestyle: cardiovascular exercise, stay hydrated, manage stress

Supplements: Citrulline, Ginko biloba, Garlic and Collagen (types I, II, III)

REFERENCES

Drop us an email for relevant references