



1. Introduction: Anti-Aging Medicine

“The wish of all human beings is to live as long as possible and to remain healthy and active, also in their old age.”

This presentation will focus on the educational campaign to enlighten Nigerians on the specific problems besetting their health, the problems of aging, longevity, and reasons for premature death, healthy living and the role of nutrition in regard to our health, in particular, preventive strategies and measures. These form the basis of ANTI-AGING MEDICINE, the magical, medical buzz-word of the 21st. Century.

Because of the importance that is attached to the health of the people, I feel indebted and motivated to contribute, in this way, by starting this educational enlightenment campaign to create awareness and to sensitize our people to factors that pose problems for their health and which, in the long run, will also determine how sick or healthy they will be later in life. Without good information on health problems and the causes of the simplest sicknesses, many of our people, due to ignorance, may not be in a position to react early enough, to take preventive measures or even to see the medical doctor before it is too late.

On the other hand, this campaign sets out to combat the prevalent cultural belief, especially in Nigeria and Africa, that most diseases and deaths are attributable to curses or witchcraft, cast by enemies or even originating from voodoo activities within members of the same family.

This campaign is also meant to motivate Nigerians to show more self-responsibility for their health, because government alone cannot carry the full responsibility. My thoughts on this subject contained herein will be presented as a book and produced as a film to be screened by a television station for effective information dissemination.

Due to changes in the demographic development of the population worldwide, the average life span of human beings has increased from 65 years to over 75 years in the last century, but is still on the increase, due to better nourishment,



excellence in the field of medicine and good achievements in the provision of health care, early identification of risk factors, prevention and early treatment.

A majority of our people do not know that, according to world statistics, the life expectancy for an average Nigerian today is about 47.6 years, compared with the industrialized nations, e.g. the USA, Germany, UK, Japan etc. with a life expectancy of about 83.4 years for women and 76.5 years for men. It is interesting to note that, at the moment, the highest concentration of centenarians (people above the age of 100 years) in the world is found on the Japanese island of Okinawa, where statistically over 26,450 centenarians have been recorded.

There are evidence-based studies which confirm the reasons for the above differences. Basically, on the surface, it is assumed that the richer the people are, the more likely they will live longer; on the other hand, the poorer they are, the earlier they will die

Anti-aging medicine, which is defined as a preventive and regenerative measure to help counteract the biological aging process of our body, serves as an underlying factor, especially in the second half of our life, indeed after the age of 40, either to minimize the aging process or to delay it as long as possible.

Today, there is a consensus of opinion in scientific research that aging begins at 40. This is supported by the fact that at the age of 40 years, on the average, the production of the important HORMONES that regulate the functions of our body diminishes. Indeed, as from this age most of our body ailments or later sicknesses start to occur. As much as I do not totally disagree with the above assertion, we must differentiate between biological and physiological aging. My postulate is that, biological aging begins at the very moment we are born as humans!! This is supported by the evident knowledge of cell division, mutation and the theory of apoptosis (cell death). Physiological aging is what has come to be accepted as aging from the age of 40 onwards, when the functions of some important organs of our body are beginning to diminish.

Pillars of anti-aging therapy:

1) Balanced diet, with a supplement of vitamins and micro-nutrients. Weight Control. The motto is: eat well, eat less and live longer!!!



- 2) Hormone substitution, where necessary.
- 3) Sport and physical exercises, fitness training.
- 4) Lifestyle and wellness, positive outlook and optimism.
- 5) Body care, mental inspiration.

Anti-aging medicine: a guarantee for

- Good health
- Active life into old age.
- Vitality and efficiency.
- Youthfulness ... you look 15 to 20 years younger.
- Well-balanced, active sex life, also in old age.

For sure, we only have one LIFE to live!! "In life it is not only important how old we shall be, but more important is how we become older."

In Nigeria, premature deaths may be due to so many factors, regardless of accidents or premeditated murders:

- a) Very poor health care strategy
- b) Little or inadequate educational enlightenment concerning health problems.
- c) Little or no preventive measures, e.g. HIV and AIDS.
- d) No early diagnosis and consequent treatment of the risk factors for cardiovascular diseases, obesity, diabetes mellitus, arterial hypertension, heart attack, stroke (apoplexy cerebra), breast cancer, uterine cancer, colo-rectal cancer, prostate cancer, lung cancer, terminal kidney failure, etc.
- e) Influence of negative life-style on health, e.g. cigarette smoking, excessive consumption of alcohol.
- f) Influence of poor feeding, starvation or over-feeding.
- g) Dirty and poor environmental living conditions.



Aesthetic/cosmetic values and beauty:

Most human beings are born beautiful. God, our creator, has made it so. Nigerians belong to the most beautiful people on earth. Our skin guarantees this. But it is essential for us to maintain our beauty by taking good care of our body. How we look, in particular, of course, the skin of our face is very important. The face, with its expressions and mimicry, has become a decisive factor and our passport to success or failure in life. Our skin is the most costly garment that we possess, but we cannot change it, so be wise and handle it with great care.

Changes in the structure of the skin reveal, to a great extent, the features of aging. For example, the quality of the skin is dependent on gender, hormonal functions, hereditary factors, nourishment situation of our body, lifestyle and skin care. Most evident is the condition of the skin in women, after the age of 40, with the on-set of the menopause and with the decrease in the production of OESTROGEN, which is responsible for the highly valued feminine attributes of beauty and attractiveness, full breast development, smooth and taut skin, and protection against cardiovascular diseases and heart attack at a younger age, etc. In the menopause, most women start developing facial wrinkles, flabby breasts and chaffed dry skin.

It will be necessary to explain in this context what beauty actually means and the importance and appreciation of aesthetic and cosmetic values and how to take care of our physiognomic appearance to keep us good-looking and attractive. This starts with observing simple, basic rules of hygiene, skin care and the treatment of dark spots, etc, against the aggressive damaging effects of the ultra violet rays of the sun (UV A, B, and C) with modern anti-aging creams, ending with surgical operations, like correction of anomalies in the shape of the ears, re-shaping the nose, breast enlargement or reduction, liposuction of the legs, hips, tummy tuck treatment, body contouring, treatment of facial wrinkles where necessary, all, of course, at the wish of the client. We are living in a globalised world which is moving fast, Nigerian women and men and Africans will also not be left behind. Of course, it is a well-known fact, which is also indisputable, that appearance and dress make a man or a woman. Imagine you attend an interview for a job. Most employers pay much attention to the appearance of the job-seeker. As we are getting older and, depending on our lifestyle, many changes will occur in our skin and also in our faces in contrast to how we looked like some 20 or more years before.



2. Our nutrition, our life quality, our life expectancy.

*„It is the wish of all human beings
to live as long as possible and remain
very active also in their old age.“*

Orthomolecular nutrition (balanced diet) is based on the concept that the human being is living in an ideal environment. The human being needs about 45 different nutrients (vital nutrients). These nutrients then have to be present in the organism in the right concentration to ensure optimal health and sufficient protection from diseases, to quote LINUS PAULING, the two-times American Nobel Prize laureate, biochemist and founder of the Orthomolecular theory.

It is interesting to observe that statistics on medical data regarding research on nutrition quantify the influence of our food intake in relation to what eventual major sicknesses we may suffer from and hence, of course, our life expectancy, (our nutrition, our sicknesses and our life expectancy).

Therapeutic recommendations of orthomolecular medical scientists are founded on the basic knowledge that the complex functions of metabolism in the human organism can only work without a break down if all essential micro-nutrients are available in sufficient quantity. Vitamins, minerals, trace elements as well as essential fatty acids, therefore, have to be supplemented regularly in our food, since our organism cannot manufacture them.

It is logical to conclude that the majority of the so-called civilisation diseases are due to the fact that the body receives an under-supply of certain specific nutrients while receiving a physiologically excessive supply of others. Pauling's theory underscores the belief today that almost 79 % of all sicknesses that have befallen the human race are attributable to malnutrition or over-eating.





With their present eating habits, millions of people in the industrialized countries like the USA, Germany, UK, Japan, Canada, France, etc, etc do not even consume the Recommended Dietary Allowance (RDA) of Vitamin C, Vitamin B-complex, folic acid as well as multi-vitamins and trace-elements, not to mention the situation in the developing countries, where malnutrition and hunger are prevalent.

Against this background a BALANCED DIET with the substitution of vitamins and trace-elements is the answer in the prevention of nourishment-related diseases.

VITAMINS, what are they and what do they do?

Vitamins are organic compounds that the organism needs to guarantee the essential, vital functions, but which do not occur in the metabolic process or cannot be produced by the organism itself. For this reason vitamins must constantly be added (as supplements) to our nourishment, either as finished vitamins or as pro-vitamins which then can be converted to the actual vitamins during the metabolic process. They are therefore essential components of our nourishment. In contrast to the essential amino acids or the essential fatty acids they are neither part of the organism nor function as energy supplier, but they play the important role as catalysts (coenzymes) in the metabolism of the organism. For this reason vitamins are needed in very small quantities to fulfil their physiological functions.

Vitamins are indispensable to human beings, since they cannot produce them due to mutation defects in the biosynthesis chain during the evolutionary development of the human species.

Balanced Diet:

- Consumption of carbohydrates, proteins and fats in a moderate ratio
- Supplementation with vegetables, fruits, salad
- Substitution of vitamins and trace-elements like:



Vitamins

Vitamin A:.....	at least 1.1-1.5 mg daily
Vitamin C:.....	at least 300-950 mg daily
Vitamin E:.....	at least 100-200 mg daily
Vitamin B1:.....	at least 25 mg daily
Vitamin B2:.....	at least 25 mg daily
Vitamin B3:.....	at least 60 mg daily
Vitamin B6:.....	at least 25 mg daily
Vitamin D3:.....	at least 5 µg daily
Vitamin K1:.....	at least 60 µg daily
Biotin:.....	at least 225 µg daily
Pantothen acid:.....	at least 18 mg
Vitamin B12:.....	at least 3 µg daily
Folic acid:.....	at least 800 µg daily

Trace Elements and Minerals

Selene:.....	at least 50-100 µg daily
Iron:.....	at least 0.8 mg daily
Zinc:.....	at least 10 mg daily
Magnesium:.....	at least
Chrome:.....	at least 30 µg at least daily
Manganese:.....	at least 2 mg daily
Molybdenum:.....	at least 60 µg daily
Iodine:.....	at least 100 µg daily

Amino Acids

Histidin:.....	at least 50 mg daily
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Essential Fatty Acids

Omega 3 Fatty Acids and Omega 6 Fatty Acids

Secondary Vegetable Substances

Citrus-Bioflavonoid (Vitamin P):.....	at least 5 mg daily
Mixed Carotinoids (beta-Carotene, Lutein and Lycopin):.....	at least 5 mg daily.



Others are

L-Carnitin, Co Enzyme Q 10

It is important to stress that vitamin substitution is only effective for good synergic reaction if taken as complex compounds in a tablet or capsule and not as single isolated tablets.

There are today on the market high quality composite vitamin products sold as food supplements to remedy a series of health problems like:

- decline of the immune system and susceptibility to fall sick often.
- fatigue and stress as well as burn-out syndrome
- defence against infections, tumor surveillance and involvement in tissue regeneration.

Medical data on nutrition quantify the influence of our food intake in relation to what sicknesses we suffer from and, of course, in relation to our life expectancy. The three main, fatal risk factors, namely complications due to cardiovascular diseases, cancer and diabetes mellitus, are a result of inadequate consumption of the Vitamins E, C, A (Beta Carotene) and Selene, which are also known as antioxidants.

Free radicals and antioxidants

The metabolic process results in the combinations of the uncoupled electrons of oxygen and nitrogen to produce the so-called Free Radicals, which react very violently to tear apart stable combinations. Different forms of aggressive oxygen radicals can inactivate the enzymes in the organism, penetrate the cell membrane to destroy the DNA (deoxyribonucleic acid) to change the natural mutation, leading to malignant degeneration as the main cause of different cancers as well as vascular diseases.

A large concentration of free radicals in the cells results in what is known as OXIDATIVE STRESS. This can easily be measured today in the urine test of DNA-oxidation, showing the rate of mutation.



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Some important diseases associated with the damaging activities of free radicals are:

- Bronchial asthma
- Diabetes mellitus and its complications
- Rheumatic diseases
- Cataracts
- Parkinson's disease
- Multiple Sclerosis.
- Cancer
- Arteriosclerosis
- Cardiovascular diseases, complications like heart attack
- (Myocardial infarction)
- Hypertension, cerebral stroke
- Dementia and Alzheimer's dementia

The quantity of antioxidants our body possesses can also be determined by laboratory tests of the urine or blood.

Vitamins E, C, Pro-Vitamin Beta-Carotene (Vit.A) and Selen belong to the classical antioxidants, which neutralise the activities of the free radicals and serve to defend the organism. These are found in vegetables, fruits like paprika salad, tomatoes, spinach, ugu, uha, mangos, oranges, guava, carrots, water melon, paw paw. Due to the strategic importance of antioxidants in the metabolic process, I recommend not only eating the above foodstuffs but also the constant consumption of vitamins in the form of food supplements.

Very, very important antioxidants are the Omega 3 Fatty Acids, found in fresh water fish, which play a primary preventive role in the prevention of Arteriosclerosis and hence cardiovascular diseases, e.g. coronary artery stenosis and its attendant myocardial infarction.

What is a balanced diet?

A balanced diet is the consumption, in moderate quantities, of the three main foodstuffs that we eat as human beings, with the inclusion of SALAD and FRUIT.