

The Latest on Longevity

By Dr. Tyson Swigart

The year 2006 proved to be a fruitful year for health and science and research in regards to how and why to extend your lifespan. Diet, exercise and lifestyle factors are all considered to play an important role. Most of the new research and recommendations from 2006 are easy to follow, while others may be less so.

Dieting factors for influencing longevity have dominated the headlines. Eating fish and consuming omega-3 fatty acids has been proven to profoundly impact cardiovascular health and decrease mortality rates. According to Harvard research, "regular" fish consumption diminishes your chance of dying from heart disease by 36 percent.

A red wine component, resveratrol, has also demonstrated positive effects on the aging process. This powerful chemical works by triggering a genetic mechanism within cells that repairs age related damage. Researchers concluded in 2006 that the worst thing that you can consume in your diet is Trans fats. These are known to clog and stiffen

arteries by increasing levels of bad cholesterol. Avoid snack foods and other foods with a long shelf life.

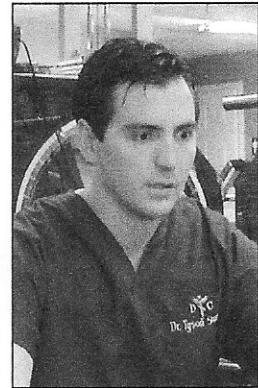
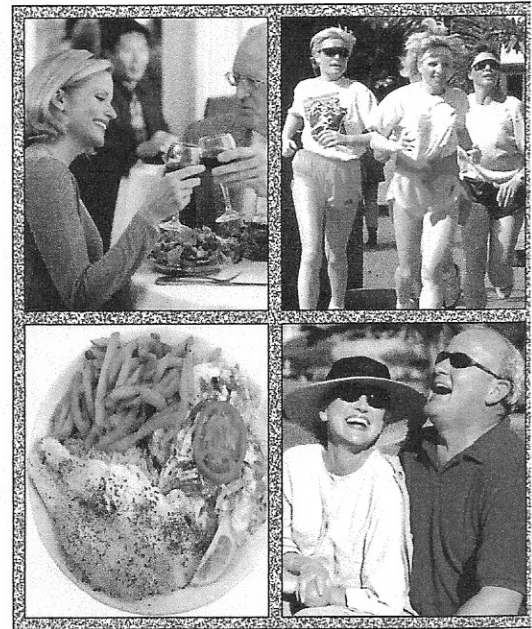
Exercise trends in 2006 moved toward "functional fitness" and core training due to improved and measurable results. Functional fitness exercises mimic normal daily activities in a more strenuous fashion. This trend covered a wide variety of age groups. Functional training has even become a point of emphasis in children due to recent research demonstrating sky-rocketing obesity rates. Also, a wider variety of people are seeking the help of educated fitness professionals. The big picture is that early fitness experiences greatly influence longevity. However, body awareness and exercise is now recognized as a lifelong requirement. Consistency of training is paramount.

Lifestyle risk factors are at the fore-front in the search for longevity and wellness. Research conducted in 2006 demonstrated the importance of a good night of sleep on your health. Sleep deprived individuals have higher rates of both obesity and cognitive function.

The year 2006 was also a good year to demonstrate the health ben-

efits of marriage. Married individuals not only live longer, but also tend to be happier. On the down side, a 2006 study also demonstrated that marital discord has a profound negative impact on healing and overall health. Although marriage in general seems to improve health for most individuals, an unhappy marriage is likely to be more harmful than good for your health.

The amount of available information in regards to improving your quality of life and longevity of life is staggering. The key is to filter the available information and implement a realistic plan. Numerous professionals are available today who can assist you on your pathway to longevity. GET STARTED!



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