

Anti-Aging and Life Extension

A very important realization in the practice of medicine in the last 10 years has been the far-reaching acceptance of the fact that important facets of our health are directly under our personal control. For example, physicians currently know that a person's probabilities of development of heart disease and some strains of cancer are powerfully determined by our dieting and behaviour. Scientific findings reported in the last few years have given us methods of slowing the manifestations of the senescence process and preventing many degenerative diseases. Our future health and our personal life expectancy are potentially under our individual control to a far larger level than is usually realized.

During the last one hundred years, life expectancy increased by greater than 50%. Most of this increase has been as a result of discoveries of remedies for previously fatal diseases and information on how to halt the spread of transmissible diseases. (Tuberculosis was the principal reason for death in the U.S.A. in the 19th century.)

For the most part, taking advantage of this great increase in life expectancy has not required any exceptional action on the part of the individual person. Medical treatment has been something a person receives *After* the beginning of illness.

The previously used methods of enhancing our health and longevity are reaching their limits, though. Most medical researchers believe that we cannot increase average life expectancy beyond about age 85 by using the present-day methods of "curative" medicine.

The significance of preventive medicine is becoming more and more apparent. The methods that are most likely to increase health and life expectancy without limit are methods that must be used by the individual person. The total body of human knowledge in medicine, especially in aging and anti-aging research, is now doubling about every 4 years. The remarkable breakthroughs of the past few years have given us the ability to be individually in control of our own health and longevity to an extent never before possible.

Two things are of primary significance to anyone undertaking a serious life extension program: self-education and medical /naturopathic oversight. The individual must take complete responsibility for their health. The medical /naturopathic professionals that one confers with should be regarded as contracted leaders in their fields. Their opinions and opinions should always be taken seriously, but the final

responsibility for actions taken with respect to a person's health must always stay with that individual. Whether one's doctor is an expert in preventive medicine, or an authoritarian who considers life extension to be false medicine, the individual person is responsible for self-education on health topics and for making final decisions. The power lies within our own hands!

General Principles of Anti-Aging and Life Extension

**You are invited to attend a free 1 hour
lecture on Anti-aging/Life extension by**

DR. Suzanne Rohn HD., HD

When: April 13/2014

Time: 1 pm

Where: Ajax Chiropractic & Wellness

314 Harwood Ave S., Unit#20

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**Please sign up if you plan to
attend!**