

Growing Old - Staying Young

Statistically speaking, people live longer than ever before, thanks to the advances in modern medicine.

However, our polluted city, the stressful lifestyles, and often bad eating habits are all factors contributing towards the wear and tear of the body.

It's no wonder that anti-aging has become the buzzword in the pursuit of wellbeing. The aging process, although inevitable, is extremely complex with many complicating factors, the two most important ones being related to our living environment and lifestyle.

Anyone in the pursuit of wellbeing understands the importance of nutrition, in particular the intake of vitamins which lend a helping hand to the body's natural process of detoxification. Given the modern person's lifestyle, it is widely known that the body cannot function at maximum capacity, thus the practice of taking vitamins to supplement the diet. Increasingly, even as the medical world continues to make great strides towards extending human longevity, the concept of vitamin therapy is fast establishing itself in the realm of conventional medicine.

Optimising wellbeing and avoiding disease through good nutrition has for long been the foundation of preventative medicine. Historically, many ailments have been treated with vitamins, for example Zinc is used to combat the common cold, Vitamin B6 relieves PMS symptoms, the intake of Calcium prevents osteoporosis, and Vitamin B12 is helpful in fighting fatigue. More recent discoveries include the mood-enhancing properties of Omega-3, the curative powers of Magnesium in headache sufferers, and Selenium in relation to learning difficulties. Migraine sufferers have found taking high dose Riboflavin B2 to be helpful and Chromium is also a useful supplement in weight management. The greatest challenge for most people lies in finding a vitamin combination which is effective, beneficial and safe, all at the same time.

Welcome to the world of customised vitamin therapy. Swiss pharmaceutical company Salusmed has come up with a unique tailor-made programme that has been successfully used by leading European athletes in the fields of triathlon, tennis and other high performance sports, proving time and again its ability to increase endurance and performance results. Those amongst us who prefer to dabble in sport during weekends will also benefit from the Salusmed system.

At the cutting edge of healthcare, the Salusmed system takes into account deficits in micronutrients as well as factors such as age, weight, and existing medications to craft a personalised recipe based on 65 substances. A physician-administered system, the patient begins the programme with a series of advanced blood tests, accompanied by a comprehensive analysis of their symptoms and wellbeing. A tailor-made vitamin, mineral and nutrient preparation complete with Omega-3 is then created for each individual. The granulated supplement in one fell swoop can deliver the goodness found in fresh fruits and vegetables as well as fulfilling any deficiencies that the body may have.

Following an initial three-month course, blood tests are repeated and have consistently shown a drastic improvement. Patients also report symptom relief, less fatigue, less mood swings, and overall improvements in wellbeing. Other benefits include the slowing of anti-aging of the skin, organs, and digestive system, as well as the strengthening of the immune system. The micronutrient combination has also been shown to assist in the shortening of recuperation time following a bout of illness.

At the three month mark, a new recipe is created based on new test results to maximise health benefits. Feedback on a yearly basis is required and then a long-term usage of personalised vitamins will then ensure that the body is functioning at its greatest capacity.

The preparation is also available for children, but for needle-shy kids, a detailed questionnaire is used to customise the vitamin preparation for each individual child. Granulated micronutrient mixtures can be prescribed from the age of 3 years and up.

Contact your family physician for further details. ■

