

# Secrets to aging well aren't so secret, says doctor

By Christina Macone-Greene

RANCHO SANTA FE — Whenever residents of the Covenant and surrounding areas hear that Joseph Weiss MD will host a lecture, it's a sold out event. And this was the same case at his recent presentation, "Quest for Immortality and Vitality" at the Rancho Santa Fe Senior Center.

Also a novelist, Weiss told the crowd that he had a passion to share medical information in a truthful but entertaining way.

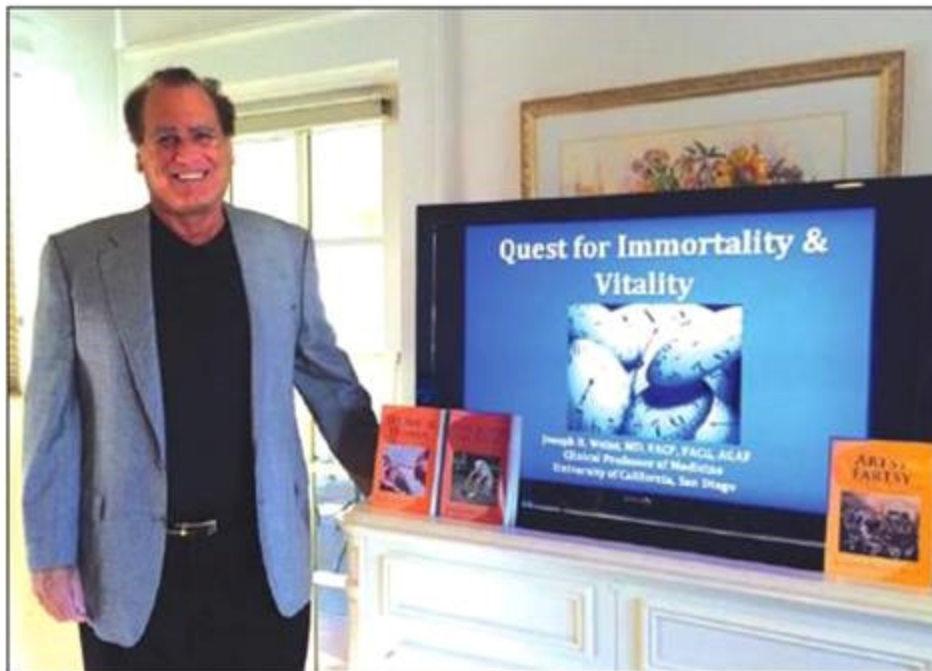
According to Weiss there are secrets to aging and aging well, but in reality, they really are not so secretive. However, one thing was for certain. There are ways to accelerate aging.

"That is an increase in debility, less activity, more restrictions, limitations in our health, pains and aches, decrepitude and going downhill. Not an attractive story," Weiss said.

According to Weiss, if one was offered the opportunity to have enhanced life and vitality, as well as a delay in the effects of aging, he thought most would welcome that.

Weiss went on to say that aging is accelerating rapidly; and, there is more information about aging and the growing feeling that aging is not normal.

"Aging is a result of injury," he said. "We are being constantly bombarded



Dr. Joseph Weiss hosts a lecture at the Rancho Santa Fe Senior Center entitled, "Quest for Immortality and Vitality." Photo by Christina Macone-Greene

and injured by agents outside of ourselves that can cause harm."

Weiss noted that these include ultraviolet light, ionizing radiation, tobacco smoking, air pollution, metabolic changes and inflammation.

"Most people believe that inflammation is actually the key to aging," he said. "All these others simply stimulate the inflammation."

Weiss wanted everyone to know that the formation

of free radicals which cause damage to the DNA also trigger injury to the cells to reproduce. This causes a defect in the ability of the cells to metabolize nutrients and to handle waste products.

As these inflammatory changes accumulate, it leads to aging.

If one can avoid ultraviolet light, pollution, ionizing radiation and tobacco smoke, it can help reduce inflammation.

Weiss said that most people think that there is no

control and it's just part of the environment.

"You actually have a great deal of control over most of them. What most people don't realize is that we are being injured all the time," he said.

However, the body is designed to handle it most of it.

"You'll also be stunned to know that the repair mechanisms are just as vigorous," he said.

Weiss called inflammation as probably one of the

most important causes for the aging process. It has also been linked to inflammatory bowel disease, cardiovascular disease, Alzheimer's, diabetes, and more.

He shared that the keys to staying young also include, avoiding prolonged sitting, eating a moderate Mediterranean diet, having anti-oxidants to help reduce inflammation, reinforcing flexibility and balance, reducing stress and negativity and staying connected with friends.

"Be proactive and protect your health," he said.