

health

Age, no more!

Do you always have to go the botox way to look younger? Not exactly! Certain basic food products can actually prolong the ageing process suggest experts

— SAVIA RAJAGOPAL

It's not uncommon to see women trying to look younger. Whether it's through using cosmetics or surgery, women are forever in the dilemma of how to win the aging battle. Some successfully; some unsuccessfully. However, one can prolong aging through a natural, balanced diet. Dr. Nicholas Perricone, the author of 'The Perricone Promise: Look Younger, Live Longer in Three Easy Steps' states that eating certain types of foods and avoiding others will actually make you look younger. Nutritionist Dr. Anjali Mukherjee elaborates, "Lots of foods have anti-aging properties but the emphasis has to be on overall lifestyle changes. While there are foods that aggravate aging, there are others that prolong it."

WHAT IS IT: ALOE VERA

How it helps: This humble plant found in many homes has many benefits. Explains nutritionist Dr. Jhoomer Kulshreshtha, "Aloe Vera is very good for cell regeneration. If it is applied locally, it gives you firm, youthful looking skin. If taken internally, it removes cancerous cells."

How much: "Usually, a dose of 30 ml each in the morning and evening is what we recommend but it differs from person to person. It should not be taken if a person suffers from any allergic disease or asthma," suggests Dr. Kulshreshtha. Adds dermatologist, Dr. Apratim Goel, "You can take aloe vera juice, easily available in the market, preferably early in the morning or you can chop up the pulp of aloe vera and fry it lightly in olive oil and eat it. All age groups can consume this."

WHAT IS IT: DARKER COLOURED FRUITS AND VEGGIES LIKE BEET, BLACK GRAPES, CARROTS AND TOMATOES

How it helps: "Deeper coloured fruits and vegetables have more anti-oxidants than their lighter coloured counterparts. You should aim to increase your intake of anti-oxidants so as to prolong aging," advises Dr. Mukherjee. Further, Dr. Goel recommends having more raw fruits and vegetables, as they are rich in Vitamins A, C and E, and anti – oxidants.

How much: A regular sized serving on a daily basis is a must.

WHAT IS IT: YOGHURT

How it helps: Yoghurt has been known to boost immunity. Nutritionist, Dr. Naini Setalvad explains, "Yoghurt has calcium, phosphorous and Vitamin B12 which is more easily absorbed via yoghurt than by milk. The yoghurt bacteria create valuable vitamins, which in turn stimulate the growth of beneficial intestinal bacteria, discouraging and destroying harmful ones." **How much:** Generally healthy women who are in good health should take a bowl of curd everyday (around 150ml).

WHAT IS IT: SOYA BEAN

How it helps: It is almost like miracle food for peri-menopausal and menopausal women. It contains phyto estrogen (plant estrogen), a natural source of estrogen which is needed for women in this age group, explains Dr. Mukherjee. **How much:** 80-100 grams a day in any form

like soya flour, soya nuts, soya milk or as a milkshake.

WHAT IS IT: INDIAN HERBS AND SPICES

How it helps: "Ideally, taking in raw spices is the best idea. We destroy all the goodness by overcooking them with vegetables," says Kulshreshtha.

How much: Garlic can be taken in by boiling it or in raw form in salad. You can take a clove of garlic every morning, which is good for the heart. Ginger in tea is also a good option.

WHAT IS IT: NUTS AND OILSEEDS

How it helps: "Nuts and oilseeds are important sources of zinc. Zinc compensates for lowered immunity due to aging," says Dr. Setalvad. Oilseeds like flax seed oil are packed with omega 3 fats which are good for the body.

How much: Nuts and dry fruits are extremely nutritious but a controlled intake of nuts is important, advises Dr. Kulshreshtha.

WHAT IS IT: GREEN TEA

How it helps: "Green tea is full of antioxidants and has tremendous benefits to health as has been shown by research, and also prevents aging as it douses free radicals," states Dr. Mukherjee.

How much: You can have any amount of green tea in a day as it has no ill effects.

