

Anti-aging Strategies to **Live Longer**

No more **resting on your laurels in retirement.** Now, those in their 90s and beyond are living it up. ::

BY LYNN ALLISON

MARY ANN KEMP WON gold medals in the 50-meter and 100-meter dash at the World Senior Games in St. George Utah in 2017.

The 96-year-old dynamo also captured the gold medal in the 50-meter dash in Birmingham, Ala., at the National Senior Games this summer. This was the first year she's ever competed in any event.

The spry Boca Raton, Fla., resident embodies the lifestyle that anti-aging experts say will help us live longer and keep us healthier both physically and mentally.

Kemp has always mowed her own lawn and she trims her trees, thank you very much.

She moved in with her daughter in 2011 and joined a gym where she

participates in Silver Sneaker classes and does Zumba.

The silver-haired former beautician plays cards with a group of "younger" women, eats chocolate and ice cream every night as she watches football or basketball, and takes no medication. While Mary Ann Kemp's extraordinary longevity and good health may be due in part to genetics, Newsmax spoke with some of the nation's top anti-aging specialists who say that attitude and gratitude have a lot to do with the recipe for longevity.

Here are their top 10 anti-aging tips:

>> "As a man thinketh so he shall be," Proverbs 23:7. Dr. Joseph Maroon, the world-renowned neurosurgeon, turned his life around after suffering

IT'S JUST A NUMBER

Mary Kemp approached her first competition at the tender age of 95. Now she's roared into the spotlight. At right, she meets fans after a run. The nonagenarian stays fit, but admits her more-than-occasional ice cream habit.



from major depression and became a world class Ironman competitor. “A positive, grateful attitude — along with diet and exercise — permeates everything we do, reducing stress and contributing not only to longevity but also contentment,” he tells Newsmax.

>> Take a daily walk with a friend.

Dr. Gary Small, director of Geriatric Psychiatry at the UCLA Longevity Center, and author of *The Mind Health Report*, says that this simple prescription is a “triple threat” against Alzheimer’s disease, which is associated with aging: “The aerobic exercise of walking will pump nutrients that feed your brain; conversation will strengthen your neural circuits, and talking about your worries will reduce stress to further boost brain health.”

>> Get a good night’s sleep. Almost all anti-aging experts point out that a good night’s sleep helps rest your brain and body and cleans out toxins from the body that accumulate during the day.

>> Use sun protection. “You can’t stop aging but you can slow it down,” says **Dr. Yoav Kaufman**, surgeon at the Kelsey-Seybold Clinic in Texas. “The sun’s UV rays, outside of genetics, are the main culprits aging us all. Technically, an SPF of sun protection factor of 35 is sufficient. With existing damage, the best way to reverse it is using retinoic acid. The treatment has been shown to help new blood flow in the face, thicken the thinning of skin as we age, and even remove some of the ‘sun spots.’”

>> Restrict Calories. **Dr. Joel**

Fuhrman, national best-selling author of *Fast Food Genocide* and *The End of Heart Disease*, says “The most critical factor affecting lifespan and slowing the aging process is moderate caloric restriction in an environment of micronutrient excellence.” Fuhrman is a proponent of the “nutritarian” diet that focuses on plant-based foods high in

micronutrients and phytochemicals that act as antioxidants. “The reality is there is no simple magic elixir or fountain of youth except for eating very healthfully with lots of vegetables, and

not eating fried foods, junk food, sweeteners and too many animal products.”

>> Avoid or severely restrict red and processed meat, sugared drinks, and sugary foods. **Dr. Gabe Mirkin**, who

at age 82 still competes in tandem bicycle racing with his wife, says that eating these foods increases inflammation in the body and raises your risk of heart attack, diabetes, obesity, and certain cancers.

>> Avoid recreational drugs, smoking, and restrict alcohol.

Mirkin, author of *The Healthy Heart Miracle*, adds that these factors put you at risk for premature death. **Dr. Termeh Feinberg**, of the University of Maryland, adds a warning about smoking and your skin: “Smoking is the worst thing you can do for your skin.”

>> Take your vitamins. TV’s **Dr. Mehmet Oz** says that part of your

“ Exercise helps stabilize arterial plaque to help prevent heart attacks and also prevent high blood sugar levels.”

— **Dr. Gabe Mirkin**



ON THE MOVE

Kemp takes to the track at the 2017 National Senior Games in Birmingham, Ala.

anti-aging regimen should include vitamin D (1,000 units a day), calcium (600 mg twice a day along with magnesium (200 mg twice a day), DHA omega-3 (600 mg a day), baby aspirin (2 daily), and a good multivitamin (take half in the morning and half in the evening).

>> Use bioidentical hormones. **Dr. Jacob Teitelbaum**, author of *Real Cause, Real Cure* says that taking bioidentical hormone replacement for both men and women has eliminated much of our biological planned obsolescence.

>> Exercise. Last, but most certainly not least, **Dr. Mirkin** emphasizes the importance of exercise in your anti-aging plan. “Exercise helps stabilize arterial plaque to help prevent heart attacks and also prevent high blood sugar levels,” he says. Regular physical exercise can also reduce inflammation and reduce your risk of developing related diseases and conditions such as heart disease, depression, decreased mental function and loss of muscle mass. Shoot for 20 to 30 minutes of moderate exercise every day. □