

# Planet <sup>NEW</sup> mindful

• CHOOSING A CALM LIFE •

ISSUE 4 2019 £5.99

15  
WAYS TO  
FEEL MORE  
CALM



WHAT CBD CAN  
DO FOR YOU

REAL MEN  
PRACTICE  
MINDFULNESS

WILL AGEING  
AFFECT YOUR  
GUT HEALTH?

HOW TO BUILD  
BETTER BONDS  
BY BEING  
YOURSELF

QIGONG: THE  
CHINESE ART  
OF EXERCISE

£5.99 UK

PRIORITY  
DELIVERED





*'Research shows that people who regularly eat fish, fruit, vegetables - and less dairy or red meat - experience a much slower rate of memory loss than their less diet-conscious counterparts'*

to support your gut bacteria, just fill your plate with at least 50% vegetables, which contain the massively important fibre.

It is generally accepted that losing your cognitive faculties is an inevitable part of growing older, but it doesn't have to be. There are many changes you can make to prevent cognitive decline from shaping your later years. Research reveals that people who regularly eat fish, fruit, vegetables - and less dairy or red meat - experience a much slower rate of memory loss than their less diet-conscious counterparts. In the meantime, excess alcohol, red meat, salt, sugar and an excess of saturated fats can all have a detrimental effect on brain health.

Being active is at the heart of a healthy lifestyle at any age, but becomes increasingly important as you start to get older. Surprisingly, it is also effective in improving brain function. Personal trainer Tina Faray reports how getting 93-year-old Frank every day changed his mental state, not instantly. He went from an old man sitting in a chair to speaking intelligently about his past life and taking an interest in his food. The power of exercise is a typical way to associate growing older with the onset of a variety of aches and pains and these can be an indication of chronic inflammation. Unlike acute inflammation (the short-lived processes occurring after an injury or in response to

conditions such as appendicitis, dermatitis and sinusitis) chronic inflammation can occur over a number of years and has been linked to many environmental and lifestyle factors. It doesn't always cause pain or symptoms (at least not at first) but it has nonetheless been described as a 'silent killer', responsible for damaging cells and ultimately making you far more vulnerable to a whole range of diseases and serious health conditions.

But it's never too late to change and improve your lifestyle and reduce your chances of developing non-communicable diseases (NCDs) caused by long-term chronic inflammation. What do diseases often associated with ageing such as cancer, diabetes, arthritis, heart disease, psoriasis, autoimmune diseases, mood disorders, and cognitive decline all have in common? These are conditions not caused by an infectious agent, but instead by inflammation. In fact, chronic inflammation is also thought to play a part in other health conditions such as asthma, eczema, hay fever, hives, inflammatory bowel disorders - the list goes on. This is why controlling inflammation might well prove to be one of the most preventative health measures you can take today.

Here are the top healthy lifestyle habits that will decrease your risk of developing chronic inflammatory conditions:

- Get at least seven hours' sleep
- Exercise regularly

- Reduce junk food
- Eat healthy fats
- Try to reduce your stress levels with hobbies, exercise or talking therapies
- Maintain a healthy Body Mass Index (BMI)
- And of course, increase fibre and fruit and vegetable intake to feed those all-important gut bacteria.

Committing to an anti-inflammatory lifestyle and diet can make help make a difference to both your overall health and your brain function. No fewer than 13 different studies have shown that a Mediterranean-based diet can be linked to inflammatory markers and keeping blood sugar levels stable. With that in mind, it's important to load up on berries, nuts, olive oil and seafood to keep your brain firing well into old age. The Global Council on Brain Health says the same thing and recommends eating plenty of green leafy vegetables and Omega-3 rich foods to help protect you from dementia.

I love the Tibetan proverb 'Eat half, walk double, laugh triple and love without measure'. But I would add, 'And fill your plate at every meal with lots of fibre to feed those hungry gut bacteria.'

Catherine Rogers is an integrative therapist and founder of Reset Your Gut [ryghealth.com](http://ryghealth.com)

...of Rochelle, I've found my lost family after 23 years

mind & body

# HOW DOES AGE AFFECT YOUR gut health?

Getting older is something many of us dread, but advancing age doesn't necessarily mean you can't have a healthy body and mind says author of new book Gut Well Seen, Catherine Rogers

**A**S EVERYONE'S LIVES become busier and faster in the 21st century, looking after your health can easily fall to the bottom of a long list of priorities. Between the pressures of work, home life, personal goals and the expectations of our nearest and dearest, trying to change your habits and improve your lifestyle may seem like a mountain that simply can't worth scaling. Sometimes the early effects of an ageing mind and body can give us the motivation we need, but is it too late by then?

As someone who has training and experience in mental health and nutrition, I'm pleased to report the human body is amazingly responsive to being treated well. Regardless of age, the best time to introduce positive changes is always right now.

Our modern lifestyles may be killing us, but they could be the secret to saving us too. By implementing simple but effective habits and lifestyle practices, it is possible to keep yourself fit and healthy, and prevent chronic conditions, both now and in decades to come.

Five to six times every day, we rely on our digestive system to process the food we eat and ensure we get the right nutrients to help our bodies function properly. And how does our gut process those nutrients

Through gut bacteria. As we need both nutritious food and a healthy gut to get the most out of our diet.

Food is not just calories. It contains all sorts of information, minerals and vitamins that the body needs to achieve optimal health. These days many of us are overfed and undernourished as the food we eat contains no information for the body to function correctly. When this is combined with compromised gut bacteria it's a double whammy, leading to low energy, a compromised immune system and a host of other problems that can grow worse as we age.

What is it that all good gut bacteria need? Fibre. Studies show a typical Western diet contains less and less fibre, but it is essential fuel for our gut bacteria to thrive. Scientists have found that the composition of your gut microbiome changes as you age and the bacteria in your gut may play a role in determining your immunity, cognitive function and muscle mass retention over time. In fact, scientists are now so concerned about the loss of some strains of gut bacteria that they are looking at setting up a 'bacteria bank'. They plan to preserve specific microbial strains that our modern lifestyles are making extinct so that we can repopulate our guts with good organisms in the future. But it really doesn't take much

