

General Tips to Help Maintain Health After 55

As we age, staying healthy becomes more and more challenging. Growing medical concerns with an added need and pressure for prescription medication can be overwhelming and confusing. While chronic diseases are becoming increasingly common, the majority of illnesses can be prevented. It is important to take steps to lead a healthy, well-balanced life in order to prevent chronic disease. Here are a few general tips to help ward off the need for prescription medications, prevent disease, and keep you healthy and happy well into your Golden Years.

Regular Physical Activity

- Helps to control blood sugar
- Decreases cholesterol
- Normalizes blood pressure
- Improves circulation through the body and the brain
- Keeps muscle tone and maintains bone density



Eat a Well Balanced Diet

- Include a wide variety of fruits and vegetables
- Eat fish on a regular basis
- Add raw Olive Oil and garlic to meals whenever possible

Exercise your Brain

- Daily cognitive exercises can decrease the risk of dementia and age-related cognitive decline
- Ex. Reading, daily puzzles

Maintain a Healthy Weight

- Through regular exercise and healthy eating

Get Social

- Visit with friends and family regularly and attend social gatherings
- Maintains a good support network
- Having people to talk to and turn to helps to decrease stress, anxiety, and loneliness



Get Regular Check-Ups

- Including regular physical exams, screening exams, and routine blood work
- Helps detect early stages of many conditions to allow time for treatment
- Screening exams include mammograms, prostate exams, colonoscopies, pelvic exams etc.

Ask a Naturopathic Doctor about your creating own individualized treatment plan including nutritional supplements, botanical herbs, and diet and lifestyle changes.