Healthmatters

Kelly Baker discovers the best foods to stop the ageing process, clever workout gadgets and more

THE ANTI-AGEING DIET

Yes, you can slow the ageing process, says Kate Marie, co-author of Fast Living, Slow Ageing (Health Inform). She recommends you get started by looking at your diet:

FRESH IS BEST A diet high in fresh

FRESH IS BEST A diet high in fresh produce is always associated with a healthier and longer life.

AVOID ENERGY-DENSE FOODS Control your calorie intake by substituting foods that are less energy-dense.

AIM FOR SLOW AND STEADY Spread your meals out to make it easier on your digestive system. Also, opt for high-fibre foods. Fibre releases its nutrients gradually.

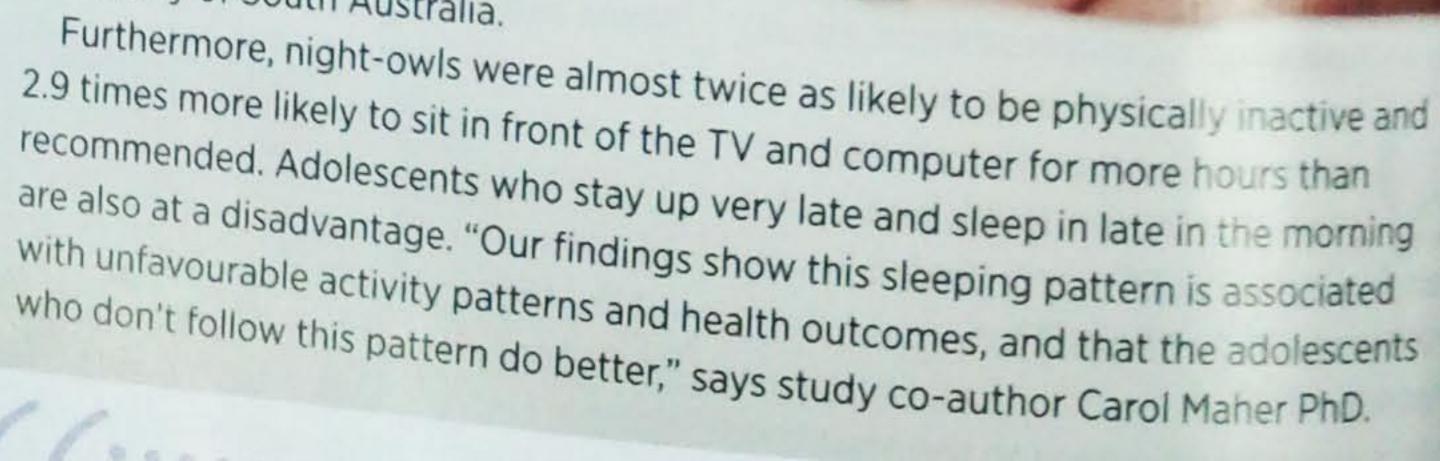
MAKE THE MOST OF EACH MOUTHFUL

Skip foods that contain empty calories and instead opt for those that are nutrient-rich.



Go to sleep

Children who go to bed late and wake up late are 1.5 times more likely to become obese than those who go to bed early and get up early, shows research from the University of South Australia.



It is not that you lack self-confidence. What you lack is what is true for you know. You are the only person who knows trusting this, you will not have any more problems.

Susanna Mittermaier, clinical psychologist and author of Pragmatic Psychology.

CANADA MARKET