

A to Z of NUTRITION

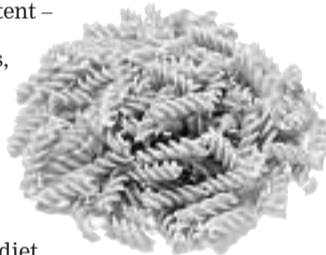


A Slow the signs of ageing with a proper diet

ALTHOUGH ageing is inevitable, many of the outwards signs of growing old can be slowed – and life may even be prolonged – by maintaining a sensible approach to diet. While genetics do play a part in determining how quickly you will age, the following tips can also make a huge difference.

■ Eat a balanced diet that is rich in fibre.

Ensure your diet is 60 to 65 per cent carbohydrate content – that is, fruits, vegetables, breads, pasta and rice – as well as 20 to 30 per cent fat, and 15 per cent protein – that is, meats, soy and dairy products. A healthy, balanced diet will help you maintain a healthy body composition and weight and provide you with the nutrients for optimal health and functioning.



■ **Drink more water.** Common complaints like headaches, lack of energy, tired and lethargic sensations, injuries, hot flashes and achy joints and muscles have seen to be associated with dehydration. If everyone could commit to drinking eight glasses of water every day, they would notice a great improvement in their overall health and energy.

■ Reduce fat, salt and sugar intake.

Controlling your fat intake is important in controlling the weight gain associated with ageing, and by controlling your salt and sugar intake, you can reduce the risk of developing hypertension and adult-onset diabetes.

■ **Avoid caffeine, alcohol, cigarettes and other drugs.** These types of drugs will age you quickly. A high intake of caffeine, alcohol and nicotine inhibits the absorption of calcium into bone and speeds up the process of bone loss.

■ **Control your portion sizes.** If you eat excess calories from any source, you will store these calories as fat. This, of course, will affect the ageing process. Seniors can experience health problems from consuming too few calories, however. For this reason, with age you should ensure that our total calorie intake for the day does not fall below 1,200 calories.

■ **Try to eat as clean as possible, and avoid over-consumption of processed foods.** Our bodies are constantly assaulted from pollution, stress, bad posture, sedentary jobs and our own bad eating habits. Over the months and years, the effects build up and emerge

in many different forms – from skin eruptions, to headaches, ulcers, cancer and heart disease.

■ Check your intake of calcium.

For those concerned about weight and health, the first things often cut from the diet are high-fat dairy products. Women aged 40 and above should consume 3-4 servings of low fat dairy food daily. Other, non-dairy sources of calcium include fortified breakfast cereals, canned fish with edible bones, some nuts, seeds and green vegetables.



Russell Kane says that the Hoffman Process helped him to overcome performance nerves

Getting personal

B RITISH comedian Russell Kane is probably better known right now for his show-stopping Beyoncé-in-drag act, making him one of the favourites to win this year's Let's Dance for Comic Relief.

It's a star turn that has added lustre to an already growing reputation – the comedian sold out his one-man show at Jersey Arts Centre on Wednesday weeks before his arrival.

But without an intensive, life-changing therapy programme which helped him to overcome his performance nerves and focus his comedy writing into autobiographical material – sending him on the way to last year's Edinburgh Comedy Award – Kane believes he would have struggled to achieve marginal success.

In September 2009, he underwent the Hoffman Process in an attempt to treat anxiety and depression he was suffering from, largely due to nerves.

'The last year was so intense – I was so anxious that I would get to the venue 50 minutes before. [With the Hoffman Process] I managed to calm down that internal energy. I found a better way to write. It stopped my magpie brain turning into lard with too many associations,' he has said.

The Hoffman Process has also been credited by producer and DJ Goldie, who says that if he hadn't completed the therapy seven years ago, he'd probably be dead. 'It's not a cultish thing, but it's particularly good for spiritual people, people who vibrate differently. You go and stay for ten days and you literally empty the box,' he says.

Those who have undergone the intensive course of personal discovery and development have hailed the treatment as extraordinary, as have those who have been trained to teach others the Hoffman techniques, like Jersey psychotherapist Cliff Le Clercq.

'The Hoffman Process is unlike anything I have ever

The Hoffman Process, an intensive personal discovery course, includes Goldie and Russell Kane among its advocates. By Kathryn Lundy

come across before,' says Cliff. 'It's extraordinary – the process takes you right back to when you were little and opens up everything very cleverly. People discover memories that they

didn't even know they had. It works tremendously well – I've never had one person fail with this system, and that's incredible, as I must have used it with close to 400 clients. I've seen people

CASE STUDY

CLAIRE had a dream job and a happy marriage, but she still felt that something was missing.

She says: 'I was 33 years old, I had a great job, a lovely home and a wonderful husband. On the outside I appeared to have the perfect life. So why wasn't I happy? I'd worked hard for years to get a job I really wanted but when I achieved it I felt lost. A friend suggested I try the Hoffman Process, and although I was sceptical, I decided to give it a go. I was reassured to find that the other participants were much like me, mostly successful people in a variety of professions in their 30s and 40s who felt they weren't getting the most out of their life. I came home from the process a changed person. I have realised now that I am the most important person in my life and have started a course in acupuncture as well as working part-time in media and advertising. I have come to terms with myself and now feel ready to start a family. Hoffman was a beautiful experience that has made me appreciate everything good in my life.'

Could you benefit from the Hoffman Process?

If you are experiencing one or more of the following, the Hoffman Process could get you back on the right track:

- You assume that something is holding you back and you cannot seem to move forward in your life
- You usually know what you want to do but you cannot generate the will to do it
- You often feel angry, resentful, embarrassed or depressed
- You dominate or intimidate others or you feel intimidated or manipulated and cannot stand up for yourself
- You work so much that it is often to the detriment of others
- The meaning is going out of your job, your marriage, your relationships or life in general and you feel like you are just going through the motions
- You experience difficulty being intimate in relationships
- You are in recovery from alcohol or drug abuse but still feel that something isn't quite right
- You fear passing your own pain onto your children

with depression, skin disorders, irritable bowel syndrome – usually the person has some lurking dark emotion that hasn't been dealt with,' he says.

Although normal therapy or counselling does resolve many issues, Cliff says the Hoffman Process works particularly well because it uses a group dynamic, and implements highly effective techniques and expertise.

The Process allows you to examine and better understand your life and reveals why you behave the way you do. To date, more than 70,000 people have used the Hoffman techniques to improve their quality of life and restore their relationships with friends and family.



Psychotherapist Cliff Le Clercq: 'It works tremendously well'

Cliff says: 'I agree with the author John Bradshaw who says that a week of Hoffman is worth two years of counselling. Good self-awareness is essential to happiness and a real piece of mind, and the Hoffman Process can help to restore that. I certainly recommend the process without hesitation.'

Members of the Hoffman Institute will be in Jersey next month to host a free seminar about the Process, ahead of an eight-day personal development course in the Island. The seminar will be held on Friday 15 April at 7.30 pm at the Oules Room at Jersey Museum and there is no commitment to enrol on the course.

If you would like more information about the Hoffman Process, you can log onto www.hoffmaninstitute.co.uk.