

# Hungry? Thirsty?

If You Aren't Now You Probably Will Be!

We don't have to be stranded on a deserted island to be physically starving to death and dying of thirst (which is true spiritually as well, but that is a consideration for another day) – millions of Americans are perilously hungry and thirsty now in the midst of virtually unlimited food and water.

I recently read a book in which the author/doctor claimed that in autopsying older people he has found old people generally just dry up – their brains, other internal organs, skin, etc. essentially shrivel up and die because their bodies are not receiving and/or absorbing liquids or the nutrients from foods. As we age, the body “asks” for less food and water because all that happens is that much of the excess food internally accumulates and rots and liquids just “pass through.”

Older people do not become dehydrated because they (as many say) lose the desire for liquids – they lose the desire for liquids because their internal hydration systems are slowly shutting down. They can force themselves to drink, but this will have little impact on their state of hydration; the same is true with the decreasing desire for food – the body does not want more food because it can't properly process the little it now receives.

So, as we age, we face a reduced metabolism resulting in the twin, and contradictory, problems of a lack of absorption and decreased elimination – a bad combination! No, vitamins are not the answer – the “8 glasses of water a day” rule just taxes the kidney more!

We either accept the consequences of the “inevitable”  
or look for an alternative to this aging pattern.

The most significant aspect of decreasing metabolism, as we age, is not the few pounds we add, but the effect on the body's processing of food and liquids. Therefore dieting, rather than mitigating the issue, simply exacerbates and masks the underlying issue of metabolic aging. Most pills, even those prescribed by doctors, are no better – they may delay and reduce the consequences slightly or for a while, but they do not resolve the underlying decline.

## The Answer – the ONLY Current Hope!

Just as the most significant aspect of a change in metabolism, as we age, is on the body's processing of food and liquids, the most beneficial and assured effect of EXERCISE is in “resetting” metabolism to the level of years earlier. No, a 90 year-old will not regain the metabolism of a 20 year-old, but they can recover to the age of 50 or 60 – an age before the real issues of metabolic aging typically manifest themselves.

As a person exercises, they improve metabolism and its secondary effect on the desire for more food and liquids while better absorbing vital nutrients improving hydration.

Sorry I cannot (and neither can anyone else) offer another alternative! After we are all dead and gone they may find another way, a cure, but for now . . . it's exercise or shrivel up and die!