

Ageing with Grace: Tips from “Healthy Aging” by Dr. Andrew Weil

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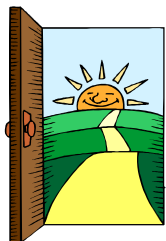
Dr. Andrew Weil has been an authoritative and well-respected promoter of combining traditional and nontraditional approaches to health and healthy living for decades. A graduate of Harvard Medical School, he is clinical professor of medicine and director of the Program in Integrative Medicine at the University of Arizona. Now he has written a book about aging and wellness. His book is very informative, practical and uplifting. It is infused with the engaging candor and common sense that have been the hallmark of his previous books.

At the heart of *Healthy Aging* is Dr. Weil’s belief that although aging is an irreversible process, there are many things we can do to keep our minds and bodies healthy through all phases of life. To that end, he draws on the science of biology of aging as well as on the secrets of healthy longevity – diet, activity, and attitude – that he has gathered firsthand from cultures around the world.

Dr. Weil explains how the body ages, and he explores the impact of gender, genes, environment, and lifestyle on an individual’s experience and perception of the process of aging. He describes the various would-be elixirs of life extension and separates myth from fact. He writes movingly about the ways in which an acceptance of aging can be a significant part of doing it well, and of how recognizing and appreciating the great rewards of growing older can add life not just years to your lifespan.

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Part of his book details an easy-to-implement anti-inflammatory diet that will protect the immune system and aid your body in resisting and adapting to the changes that time brings. And he provides extensive practical advice on exercise, preventive health care, stress management, physical, mental, and emotional flexibility and spiritual enhancement – all of which can help you achieve and maintain the best health throughout the lifelong process of aging.



The main mission of the book is to recommend "aging gracefully," which he considers accepting the process instead of fighting it. The most eye-opening sections of his book are those that discuss the spirituality of aging and its emotional aspects. "Aging can bring frailty and suffering, but it can also bring depth and richness of experience, complexity of being, serenity, wisdom, and its own kind of power and grace," he writes.

Refreshingly, Weil embraces the notion, popular in Eastern cultures, that age brings wisdom, peace and prosperity of a different kind. Aging gracefully has the potential to bring greater worth to human life as he explains how the experience of aging facilitates characteristics that younger generations are largely unable to achieve - aging replaces the shallowness and greenness of youth with depth and maturity and aging develops and enhances desirable qualities of personality, while lessening undesirable ones. Dr. Weil encourages each of us to consider the benefits of aging, to search within ourselves for the positive changes that come with the experience of growing old and embrace how aging adds richness to our lives.