

Anti-aging Strategies 抗衰老的策略

Dr. Hildemar Dos Santos 山度士醫生

Assistant Professor

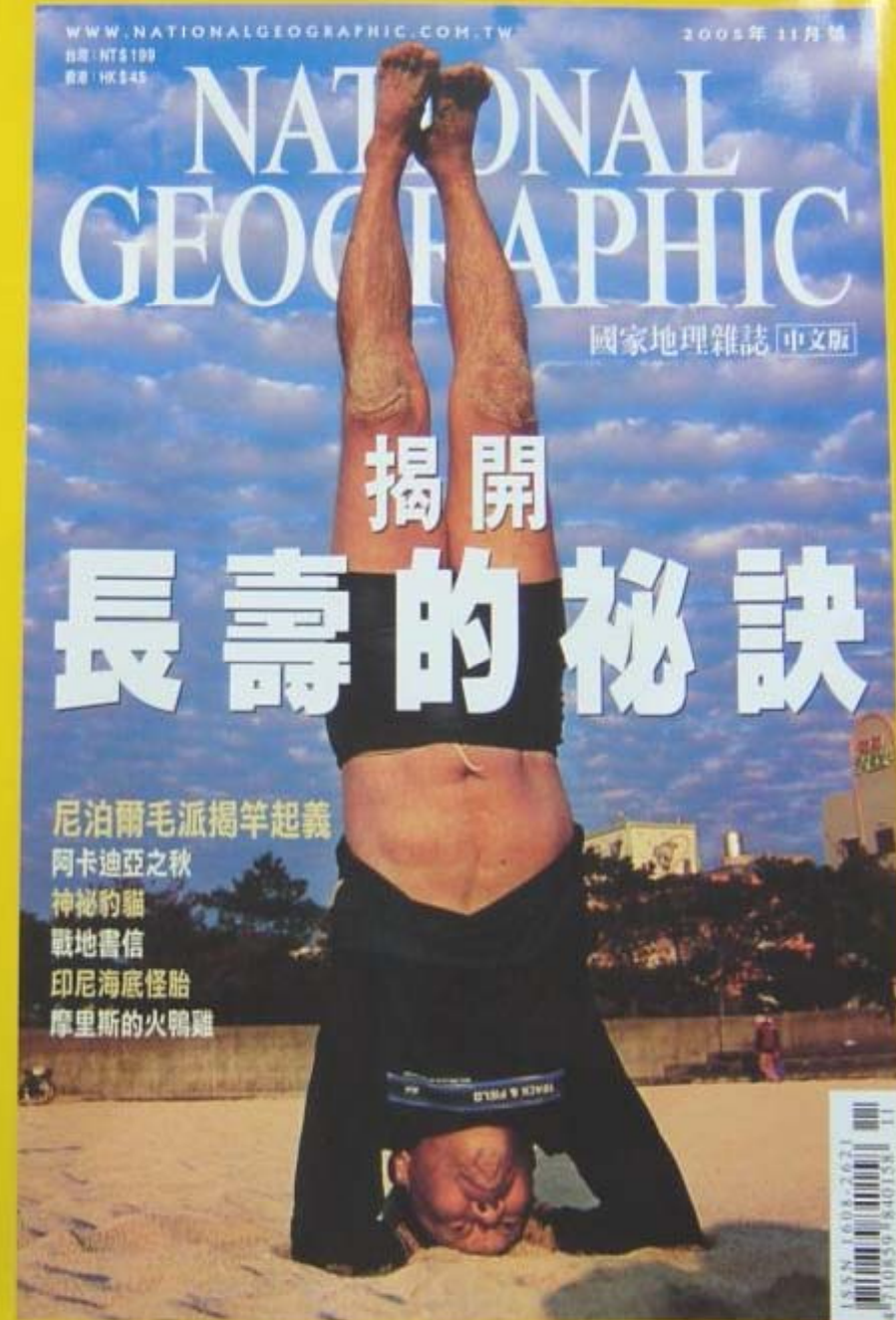
Loma Linda University School of
Public Health

Former Director of
Lifestyle Management Centre

健康生活促進中心

Hong Kong Adventist Hospital
香港港安醫院

Tsuen Wan Adventist Hospital
荃灣港安醫院



Photographer David McClain



- 沖繩老年人心臟病發作的比例比美國老年人少得多，罹患乳癌和攝護腺癌的比例也較低。

沖繩人

JAPAN

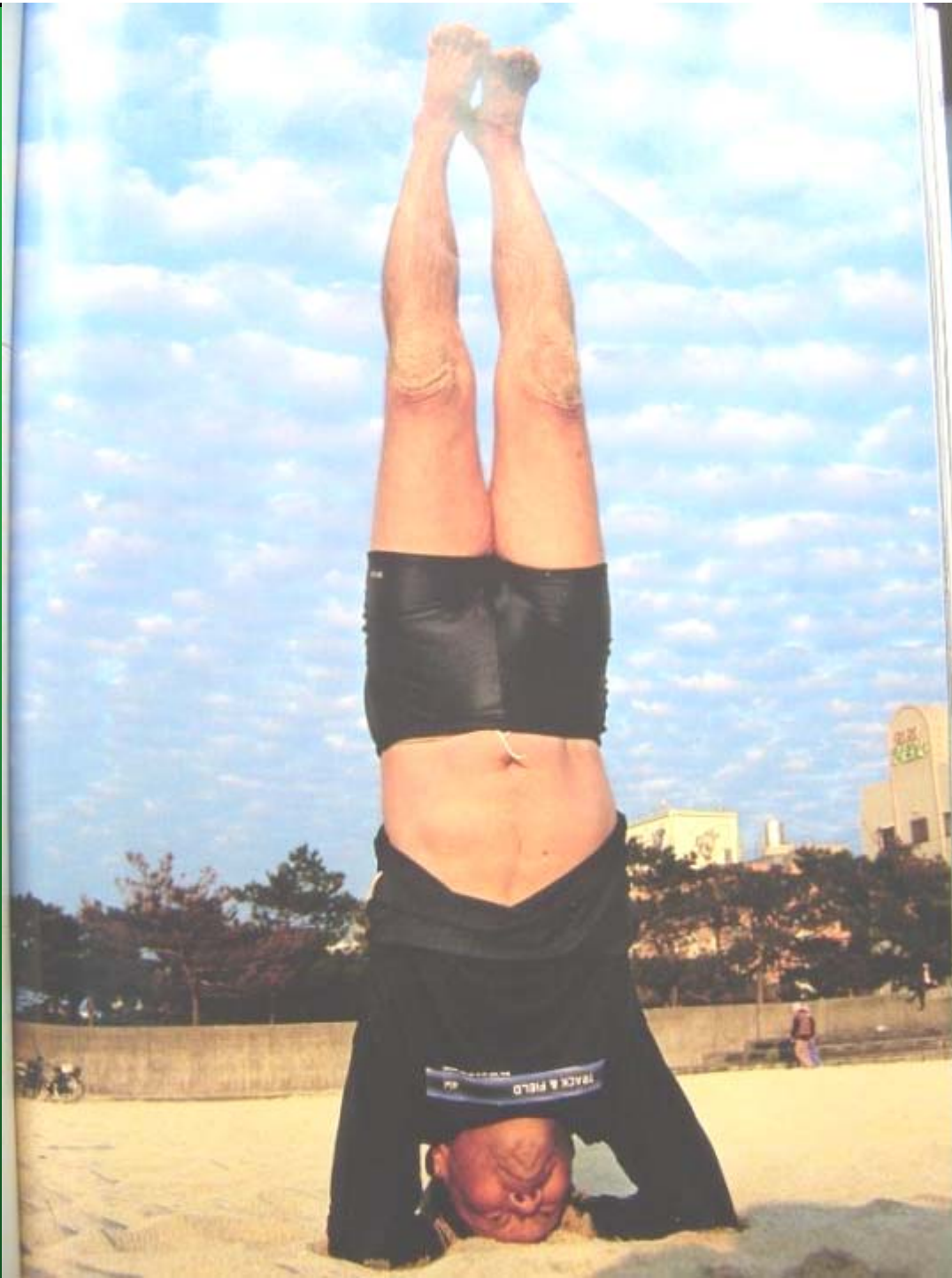


尋找目的

高齡84歲的山川文康的

第

一次見到奧島丑時，你最先注意到的就是她的笑。她的笑發自丹田，往上傳到肩膀，然後爆發成嘻嘻呵呵的土笑，讓數眼目了。



撰文：丹·比特納 DAN BUETTNER 攝影：大衛·麥克萊 DAVID McLAIN

揭開百歲人瑞 長壽的祕訣

日本·沖繩

89歲的蘇島龜毫不費力地蹲在滑溜的堤防上，
檢視一小撮海藻。沖繩人以植物為主的
低卡飲食中隱含著長壽的祕訣。





**Staple food –
Purple sweet
potato – IMO**

**High intake of
vegetables
and soy
foods**

**Little fish or
pork**



YUIMARU

**(Connecting
circle)**

**Tightly knitted
community**

**Elder care
networks – 80
years old caring
for 100 years old**



ドライスイフトレストラン





Sardinia, Italy

- 美國女性百歲人瑞與男性百歲人瑞的比例是四比一。在薩丁尼亞島部分地區，這個比例幾乎是一比一。

薩丁尼亞人



重視家庭

在

錫拉努斯村，75歲的托尼諾·托拉在屋後的庫房忙著，手肘以下都浸在剛開的...



生活・多勞動・與配供分圖日常生
或許是種了尼亞人種生活方式中的









Adventists in California - USA

- 定期上教堂的人似乎比不上教堂的人長壽，可多活兩年之久。

基督復臨派



信仰虔誠

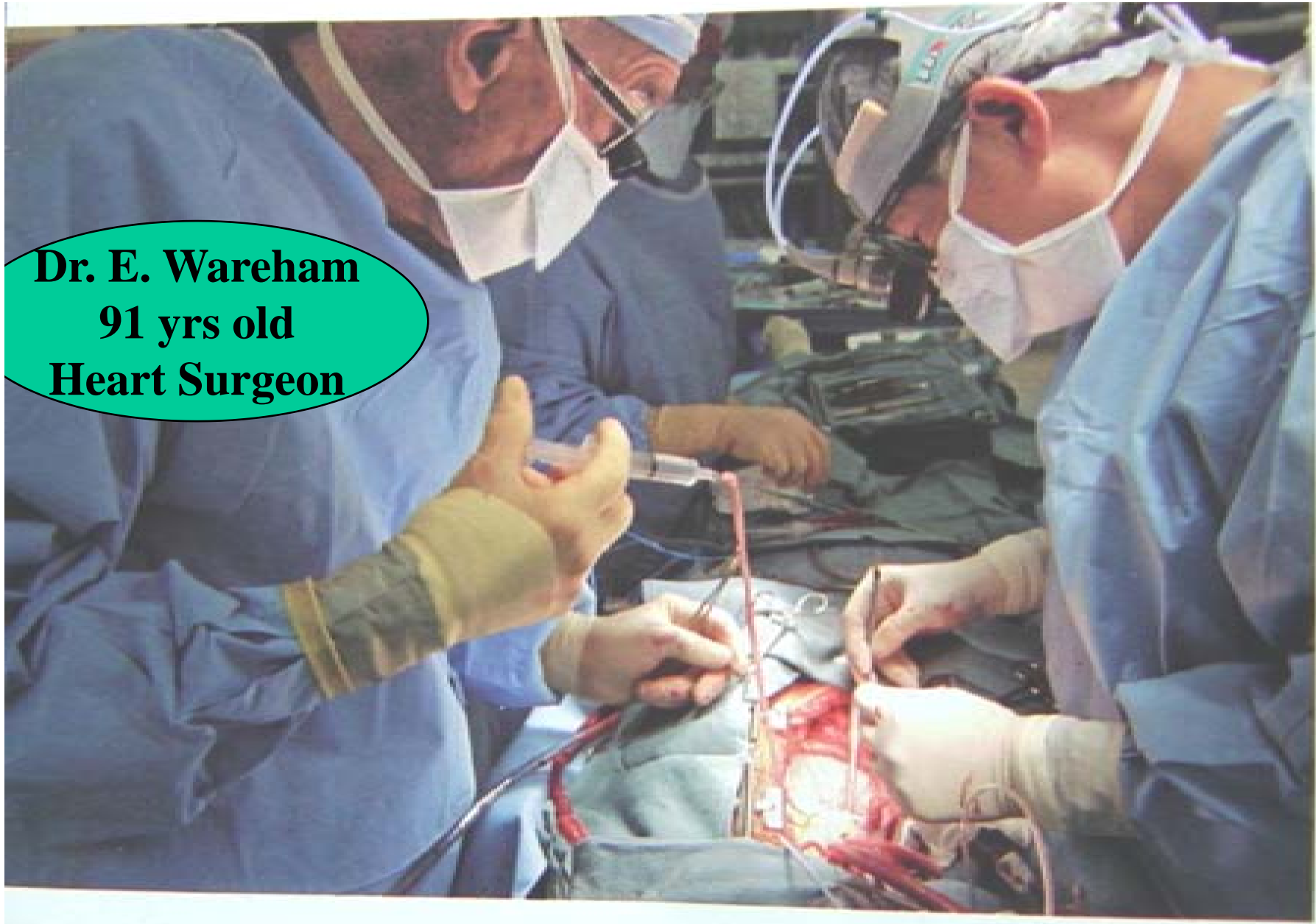
基督復臨安息日會教徒的

星

期五早上，瑪姬·傑頓開著淡紫色的凱迪拉克在聖貝納迪諾高速公路上奔馳。她戴著遮陽鏡片，眼睛盯著擋風玻璃前方。

Lydia Newton
112 yrs old
(among the world's
20th oldest people)



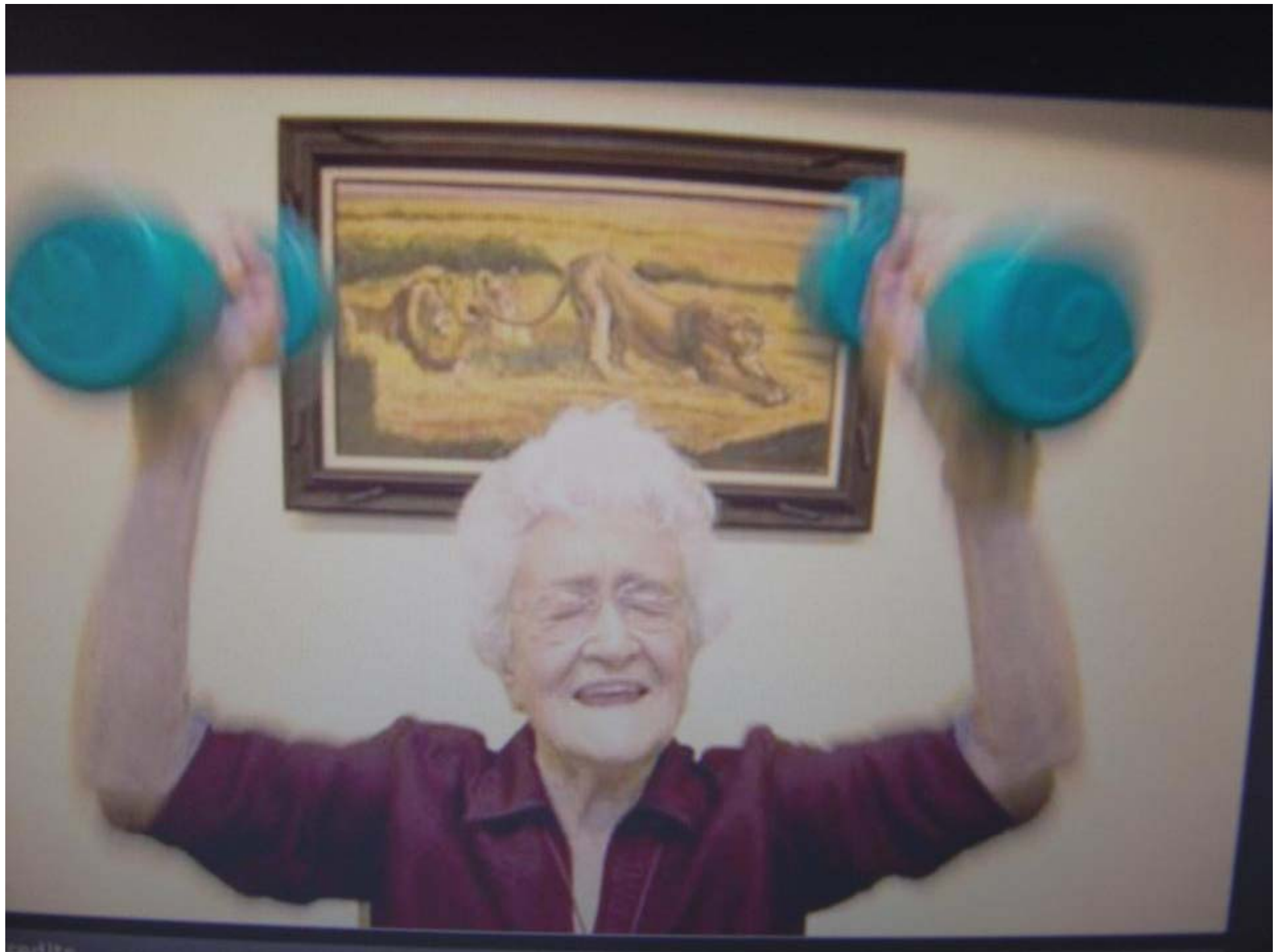


Dr. E. Wareham
91 yrs old
Heart Surgeon

Marge Jetton
100 yrs old











薩丁尼亞人
喝紅酒 (適量)
與配偶分攤工作
吃佩克里諾乳酪
(和其他富含Omega-3的食物)

基督復臨安息日會教徒
吃堅果和豆類
奉守安息日
信仰虔誠

沖繩人
交一生的朋友
食物量少
尋找生活目標

共同特色
不抽煙
以家庭為重
積極過每一天
參與社交活動
吃蔬果和全穀類食品

他們如何長命百歲？

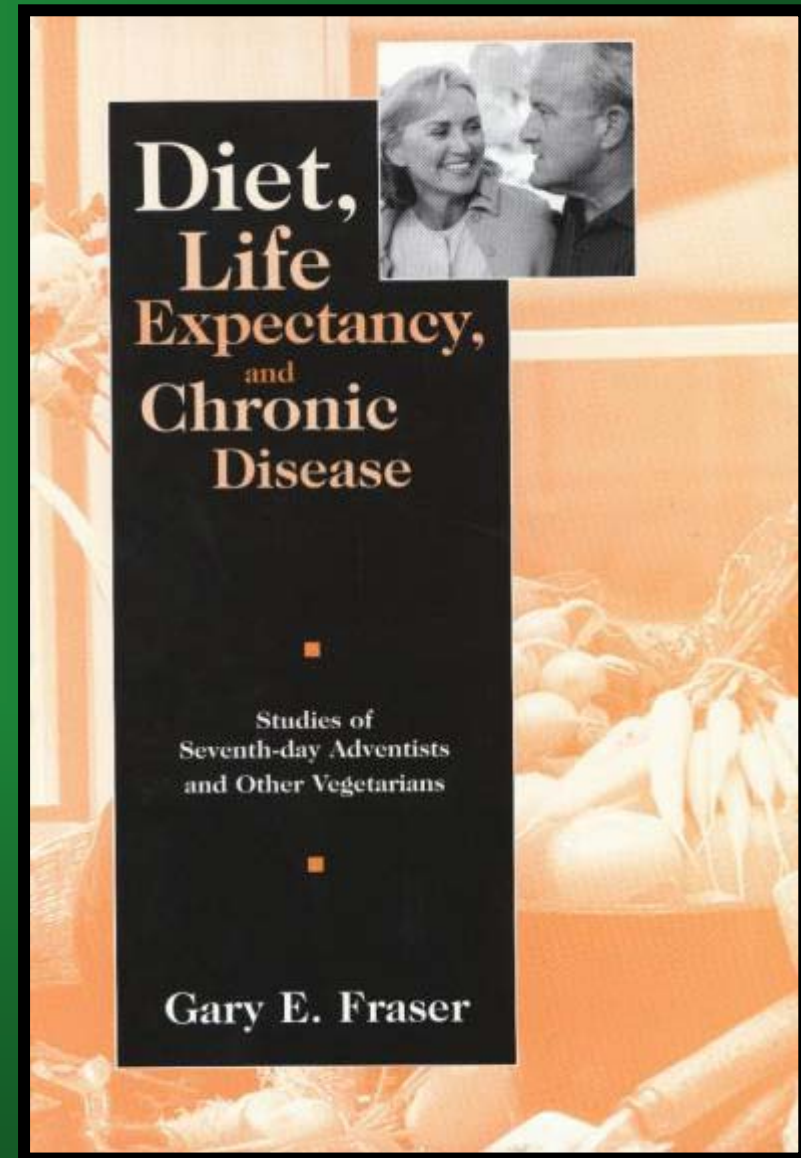
新起點的朋友 Newstart People

長壽與復臨信徒研究

Studies of longevity among the
members of the Seventh-day
Adventist Church





Since the 1950s, there have been more than 247 manuscripts in the scientific literature dealing with the health status of tens of thousands of Seventh-day Adventists

自1950年有共247的科學寫作手稿關於成千上萬的復臨信徒的健康狀況



Confirmed Findings

已證實的調查結果

Nationalities Life span 國籍 壽命	Dutch 荷蘭 	Norwegian 挪威 	Polish 波蘭 	California 加州 (American 美國人) 
Male 男 Seventh-day Adventist 案息日信徒	8.9 years more than the average 比平均多出 8.9年	4.2 years more than the average 比平均多出 4.2年	9.5 years more than the average 比平均多出 9.5年	9.4 years more than the average 比平均多出 9.4年
Female 女 Seventh-day Adventist 案息日信徒	3.7 years more than the average 比平均多出 3.7年	1.9 years more than the average 比平均多出 1.9年	4.5 years more than the average 比平均多出 4.5年	6.2 years more than the average 比平均多出 6.2年

Why Adventist Health?

- 1800s
- Children and young adults dying from pneumonia, tuberculosis, influenza, other infections





Health Reform (1866)

**Water, sunshine, pure air, vegetarian diet,
exercise, rest, temperance, trust in the Lord.**



Click Here

Get Your Picture on a real Cereal Box!

Kellogg's
Cereal City
USA

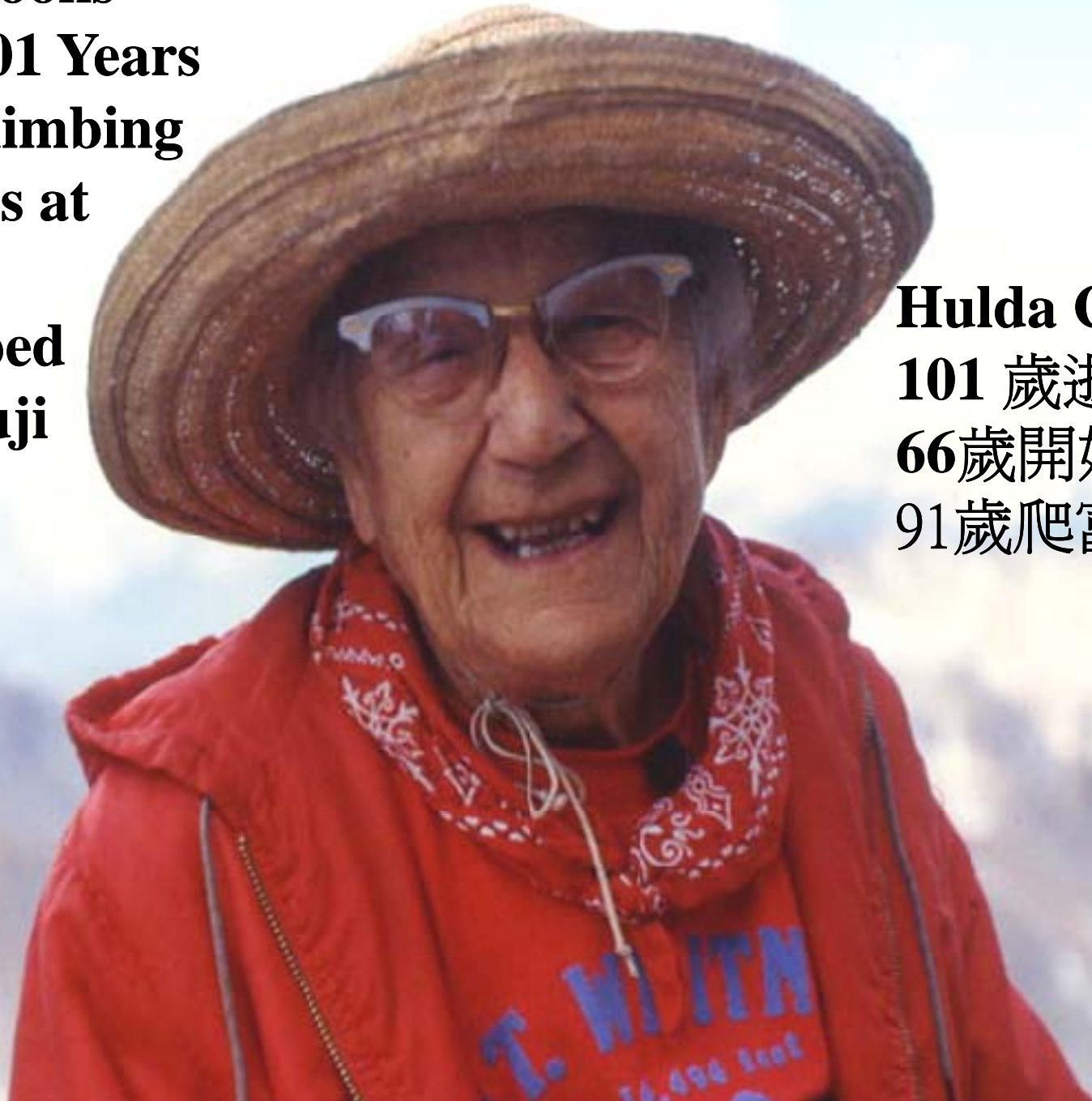
Kellogg's
CORN FLAKES
The Original 15 Flakes

TM

The banner features a blue background with a stylized white starburst pattern. On the left, Tony the Tiger is shown in a dynamic pose, pointing upwards. Behind him is a large, modern building with a glass facade, identified as Kellogg's Cereal City. On the right, a box of Kellogg's Corn Flakes is tilted, showing a young boy's face on the packaging. A blue circular button with the text "Click Here" is positioned above the cereal box. Below the button, the text "Get Your Picture on a real Cereal Box!" is written in a bold, blue, sans-serif font. The Kellogg's logo and "Cereal City USA" are visible in the top left, and the product name "CORN FLAKES" and "The Original 15 Flakes" are on the cereal box.



Hulda Crooks
Died at 101 Years
Started climbing
mountains at
66 years
She climbed
Mount Fuji
at 91 yrs



Hulda Crooks
101 歲逝世
66歲開始爬山
91歲爬富士山



Mavis Lindgren

**Started exercising
at 60 years**

**When completed
70 years, had run
50 marathons**

**60 歲開始運動
70歲時，以跑了
50 個馬拉松**



**Treadmill test
at 81 years**
跑步心電圖測試

**Fitness level =
College age girl**

體能等於年青大學生一樣

爲何復臨信徒會較長壽？

Why do Adventists live longer?

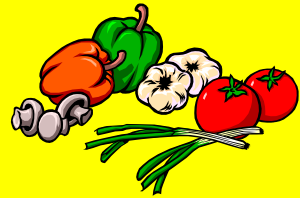
港安醫院
1984年
的健體班
**Adventist Hospital
Fitness Club
1984**





2005港安健體班
Adventist Hospital
Fitness Club
2005

NEW START



新起點

• Nutrition 營養

• Exercise 運動

• Water 水份

• Sunlight 陽光



• Temperance

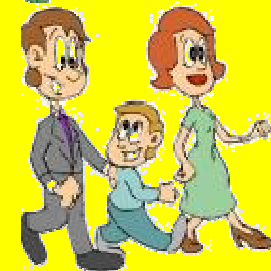
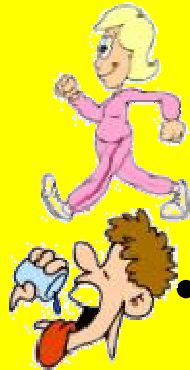
節制



• Air 空氣

• Rest 休息

• Trust 信靠





193歲
193 yrs

123歳
123 yrs



80歳
80 yrs





70歳
70 yrs



50歳
50 yrs



40歳
40 yrs

Antioxidants in Fruits and Vegetables

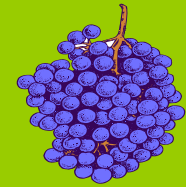


生果和蔬菜中的抗氧化物質

- Less risk of cancer, cardiovascular diseases, stroke, Alzheimer's disease, cataracts, aging process, and mental performance
- 減低癌症危機、心血管病、中風、老人癡呆症、白內障、衰老過程和思想的表現

抗老化物 ANTI-OLDANTS

Antioxidants in Fruits and Vegetables



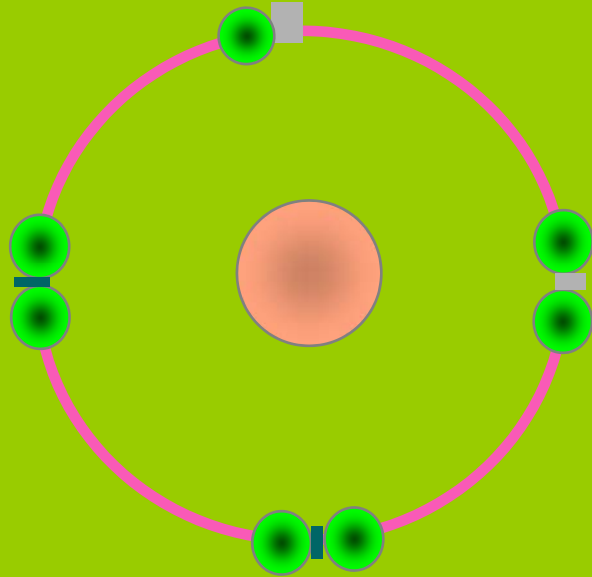
生果和蔬菜中的抗氧化物質

- Oxidation is literally decay. Oxidation in our environment is seen as rusting of metal, rotting of meat, browning of apples, and the brittle changes in old rubber
- 抗氧化就是腐化. 環顧我們周圍環境:鐵的生鏽過程, 肉的腐化, 蘋果變色, 老化了的膠變脆等都屬於氧化的過程

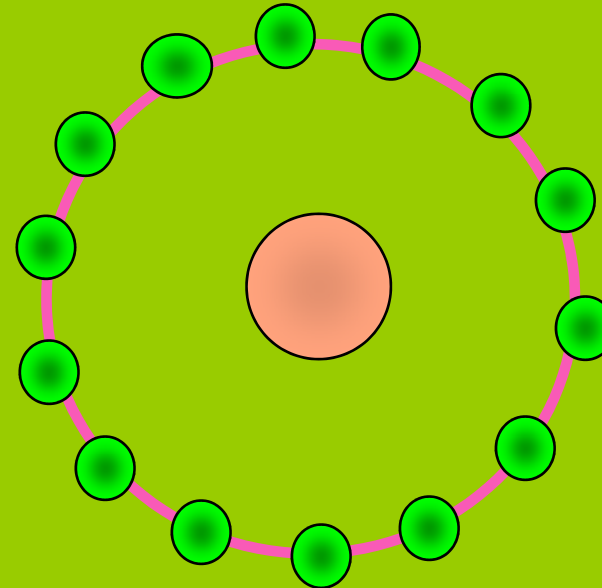
抗老化物

ANTI-OLDANTS

Free Radical 游離子



Antioxidant 抗氧化



Antioxidants can stop the free radical damage by giving up an electron to the free radical so that the oxygen molecule may return to its stable oxygen configuration.

抗氧化可停止游離子的損害 - 它放棄一粒電子給游離子, 使到氧氣分子可以回復到一個穩定的結構

抗老化物

ANTI-OLDANTS

ORAC - Oxygen Radical Absorbance Capacity

(antioxidant measure)

氧氣游離子吸取能力

ANTI-OLDANTS

• Prunes 西梅	5770	• Alfalfa sprouts 苜蓿	930
• Raisins 提子乾	2830	• Broccoli florets 小西蘭花	890
• Blueberries 藍草莓	2400	• Red Bell Pepper 紅燈籠椒	840
• Blackberries 黑草莓	2036	• Oranges 橙	750
• Kale 芥蘭	1770	• Red Grapes 紅提子	739
• Strawberries 士多啤梨	1540	• Beets 紅菜頭	710
• Spinach 菠菜	1260	• Cherries 櫻桃	670
• Brussel sprouts 迷你椰菜	1260	• Onions 洋蔥	450
• Raspberries 紅草莓	1220	• Corn 粟米	400
• Plums 布霖	949	• Eggplant 茄子	390

Low calorie diet? 低卡路里飲食?

- Rats fed a low calorie diet live longer
老鼠餵低卡路里壽命更長
- Diets with less than 1000 cal are lack of nutrients and calories 餵低過1000卡路里的出現營養不良及熱量不足的情況

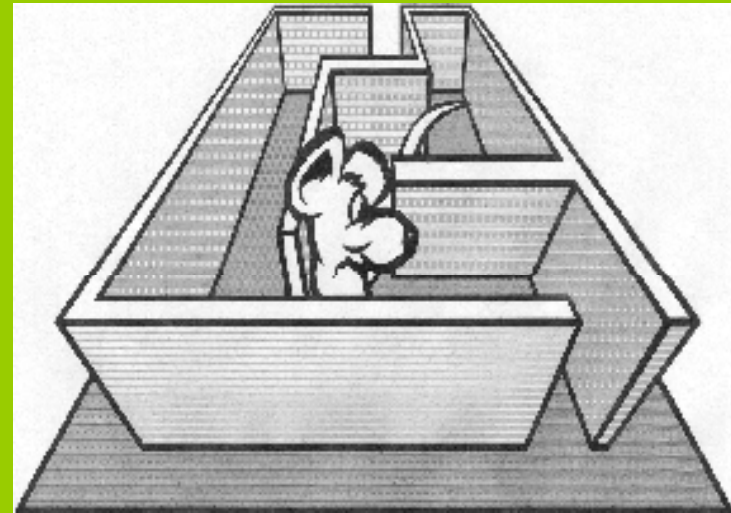


Rats and blueberries

老鼠和藍草梅



- Blueberry protects against brain loss in rats - preventing increase of the NF-KappaB protein - key factor on brain aging.
- 藍草梅可保護老鼠預防失去腦部- 阻止使腦衰退主要因素的NF-Kappa B 蛋白質的增加
- University of Houston - Clear Lake



Vegetarians and longevity

素食者與壽命

- **12 - 56% decrease in risk of death for all causes**

道至死亡所有原因- 減百分之12-56

- **For more than 20 years being vegetarian - plus 30% of decreased risk**

超過20年食素 - 減多百分之30





俄羅斯總統 - 普京

Russian former President – Vladimir Putin

- **Reporter asked him, “What is the secret of your good health?”**
你的健康秘密是甚麼？
- **Mr. Putin answered, “I don’t drink alcohol, I never smoked, I like sports, and I work hard!”**
我不喝酒, 不吸煙, 我愛運動和努力工作

SPIRITUALITY & LONGEVITY

靈性的與長壽

Those who follow a religious practice - it does not appear to matter which - live significantly longer (7 to 13 yrs.) and have a lower incidence of major diseases.

有實行宗教信仰的人 -
無論是什麼信仰 -
明顯地活得長一些(7至13年)
和患大病的發生率較低。

