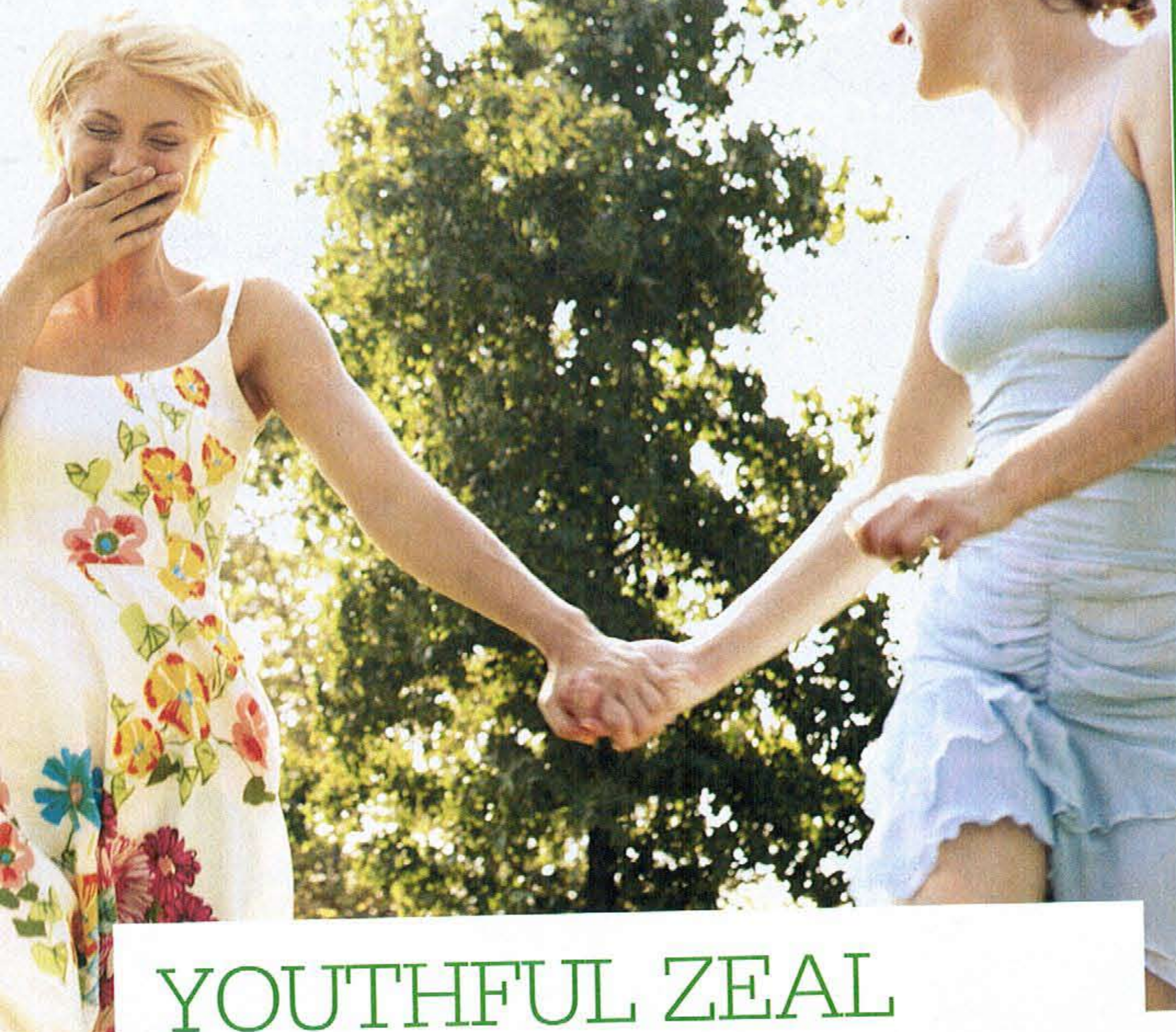


shape



YOUTHFUL ZEAL

THESE DAYS, everyone seems hell-bent on looking young. What's going on? Dr Bob Goldman, chairman of the American Academy of Anti-Ageing Medicine and co-author of *The Official Anti-Aging Revolution*, was in Australia for the Second Annual Anti-Ageing And Aesthetic Medicine Conference.

He chatted with *HealthSmart*:

You started your career in sports medicine. Do you see an overlap with anti-ageing medicine? Yes.

Just as sports medicine aims to keep the athlete's body at its optimum level, anti-ageing medicine seeks to keep the body functioning at its peak. I consider myself to be equally passionate about both sports medicine and anti-ageing medicine, as they are based on similar core principles.

Why would one wish to live to be older than 100? So you can be around to spend time with

your children and grandchildren. It won't be uncommon in the future for four generations to live side by side.

One hundred years from now, what will we say was the anti-ageing industry's greatest contribution to medicine?

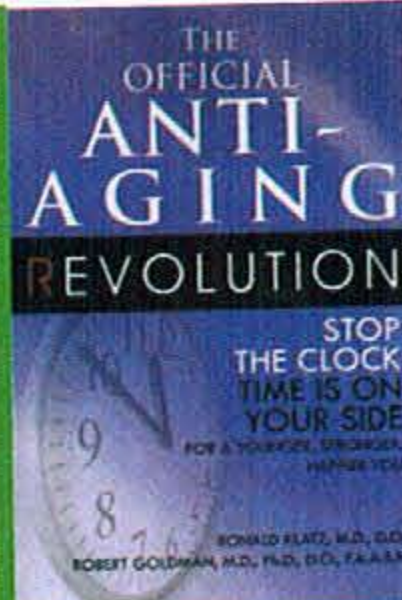
I believe the field's most important contribution will be in the reduction of disabilities, diseases and dependencies otherwise associated with ageing populations.

What single anti-ageing procedure or regime do you believe is most powerful for turning back the clock?

One of the most potent forms of anti-ageing medicine is exercise. Even small amounts of activity are healthier than a sedentary lifestyle. Plus, there is no question that a balanced emotional state is a key component to achieving the younger, happier, stronger you.



For more about anti-ageing, visit www.a5m.net



Phit fad

IT SEEMS there's no female body part that can't be tightened, smoothed, reshaped or pruned. The latest trend is "vaginal rejuvenation" where, in the same spirit as tooth-whitening or collagen in-fills, gynaecological experts offer "pelvic health integrated techniques" – or Phit for short. At New York's Phit Clinic, patients first contract their pelvic muscles around a specialist's fingers to determine the strength of their vaginal muscle tone. Next, women are taught how to properly perform pelvic exercises – sometimes called "the dental floss of feminine fitness" – and can consider electro-stimulation to improve muscle tone. Patients can also undergo laser treatment to tighten the skin of the vulva if they choose. We've got a better idea: to beat incontinence and possibly enjoy more orgasms, do the following exercise daily in the privacy of your home:

GET PHITTING

The pelvic floor muscles are shaped like a figure 8 around the vagina and anus, says sex therapist Heide McConkey. To strengthen the muscles, stand, sit or lie comfortably and focus on tightening the muscles around your vagina and urethra. Hold for several seconds and then switch to tightening the muscles around your anus. McConkey recommends a mix of slow and fast pulses and suggests continuing until the muscles are exhausted. "Start with ten or 20 pulses, and work up to 100 or 200. Do it rhythmically, to music. It should be fun and enjoyable."