

Franziska Spritzler

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Low carb dietitian and diabetes educator, Franziska has a special interest in LCHF and the ageing process and is the published author of the book "The Low Carb Dietitian's Guide to Health and Beauty: How a Whole-Food, Low Carbohydrate Lifestyle Can Help You Look and Feel Better Than Ever"



Areas of Discussion and key points from the interview

- Ageing gracefully - we need to consider both **genetics and lifestyle**
- Is **weight gain** a natural part of ageing?
- The contribution of **raised blood sugar levels** to the ageing process - this is evident both internally and externally on the body. Internally e.g. fatty liver, kidney/renal disease, eye disease; externally we often see people with higher blood sugar levels look older than they really are!
- Tip! A fasting blood glucose levels may not be telling the full story of what is happening with your blood glucose levels. Testing blood glucose levels 1-2 hours following a meal is a great way to see how well you are responding to sugar and whether an issue of insulin resistance exists or is developing

Collagen Loss and it's impact on ageing

- Collagen is the primary protein of your skin. As we age we produce less collagen and it can get damaged
- Poor food choices, pollution, sun damage and stress are some of the things that damage our collagen
- Post menopause we have decreased oestrogen levels and this results in less collagen productions. This is an especially important time to do everything you can to preserve collagen, including:
 - Finding strategies to manage stress
 - Sun protection
 - Staying well hydrated
 - Eating well - specifically LCHF and even more specifically the following foods:
 - **Fatty fish e.g. salmon, sardines, anchovies, mackerel**
 - **Avocado**
 - **Green tea**
 - **Dark chocolate**

Menopause and Hot flushes

- 'The Brain trust program' explains how when your brain has access to **ketones** and doesn't have to depend on glucose, hot flushes may be better controlled
- MCT or coconut oil may be useful to boost ketones during this period

More reason to include more fat in your diet

- Healthy natural fats can improve the appearance of your skin i.e. smoother, more vibrant, less wrinkles

Final words from Franziska...

- "Embrace the ageing process"
- **"Never compare yourself to your 20 year old self!"**

