

Aging

Illness is NOT a normal part of aging, but normal age related changes do include:

- delayed reaction time and reflexes
- constipation
- dry mouth
- urinary frequency
- decreased immune system (not able to fight disease or infection as easily)
- decreased muscle tone and joint flexibility
- drier thinner skin, which bruises and tears easily
- slower, shorter gait
- dry, irritated eyes
- farsightedness
- wrinkles
- brown spots, especially from the sun
- decreased perspiration
- thin, gray hair - baldness
- thicker, more brittle nails
- decreased height, spinal curvature
- reduced sense of smell and taste (try using spices for flavor)