

CHANGING FROM THE INSIDE AND OUT

By Kuriko Kimura

Taking on the Battle for Beauty

Over 10 years ago there was a television commercial for a large storage capacity refrigerator which used the catch phrase,

“Fridge storage requires • • • *idea, innovation, effort and PASSION!*”

It makes sense that in order to efficiently fit items into a limited space it is crucial to start with an inspired idea, improve the concept and strive with *PASSION* to create the best product. The refrigerator was the fruit of the company’s *idea, innovation, effort and passion.*

I believe this slogan perfectly represents the basis of acquiring health and beauty. As one ages, health and beauty become more and more reliant upon understanding the concept of attaining both, the ability to innovatively ‘tailor’ the idea to one’s own needs, and the degree of effort and passion one is prepared to expend on achieving the same.

I am a medical doctor and currently offer various types of anti-aging treatments at my clinic to help my patients obtain health and restore youth. The major component of aesthetic dermatology and plastic surgery is the quest for superficial figurative beauty and is therefore seldom concerned with severe disease or death. In fact, some decades ago, aesthetic dermatology and surgery were not considered important enough to even be taught at universities. I began my medical career as a general physician specialising in internal medicine and lifestyle related diseases such as Diabetes Mellitus; I concentrated, through inquiry and auscultation, on internal medicine pertaining to *indiscernible* symptoms, illness and bodily functions, using test results and further examination to determine what was wrong with a patient.

During my formative years, I deeply admired the artistry and beauty of paintings and classical ballet. I loved to watch top dancers excel in their element and to gaze upon fine works of art; both portray such astounding beauty and confidence. Attempting to ascertain the *indiscernible* secrets behind their beauty was of the utmost fascination to me. And, while still a general practitioner, I would ponder what kind of medical work and practice I could perform for my patients, asking myself if there was an ideal and more tangible kind of medicine that could be provided. In relation to my clinical profession and having decided to specialize in aesthetic medicine, I would, like an importunate philosopher, speculate as to whether ‘work’ is a repetitive act of creating beauty out of a void or chaos; a process of making something attractive and beautiful from its opposite (from a doctor’s perspective providing health by curing the unhealthy).

It was then that I was inspired by the commercial catch phrase that humorously used exaggeration to promote mere fridge storage:

Idea, Innovation, Effort and Passion! I realized that creating something that is perceived as beautiful if not just limited to artists but applies to almost every profession.

Regardless of profession, every expert feels a sense of achievement (concerning duty, responsibility or justice) when he or she feels their work is worthwhile and something in which they can take pride. A physician who executes a successful treatment leading to a patient's discharge from hospital gets a feeling of satisfaction that his or her work was right and special. A scientist or mathematician able to prove a theory to be incontestably correct, a professional soccer player shooting an incredible goal, an airplane pilot landing a plane safely and gracefully, a salesperson receiving words of gratitude from customers: all are instances when experts find a type of 'beauty' in their work. Such times cancel out all the disorder and negativity and everything falls into place.

Creating Beauty

Let us turn to the topic of the connection between physical appearance and health. As a professional involved in anti-aging medicine, I feel the utmost satisfaction and confidence when I am able to change a patient's appearance clearly for the better, or when I am able to treat and rid a patient of something that may be the cause of an inferiority complex. When I changed my speciality more than ten years ago, I felt great joy in being able to realize my vocation as a creator or seeker of beauty. I could, and of course still do, believe that the little positive changes and *discernible* improvements that I create for my patients provide them with a sense of self-confidence, pride and positivity that has previously faded due to aging or life experiences and situations. When a person feels more certain and optimistic about themselves, it can really change their lifestyle. I realized that while performing my work on outside appearances, I was actually able to change something on the inside as well; just what I had longed to achieve as a young general physician.

There is a common saying, "looks are important but it is what is inside that counts" , another is "beauty is only skin-deep" . Such are often linked with comments like "that actress is beautiful but I hear she is not a nice person." We are all quick to judge and analyse what kind of person somebody is based on looks. What we presume about a person from their outer appearance may not always reflect person's inner health. Furthermore, what is perceived to be beautiful by one person may not be by another, but we may be sub-consciously expect and look for uniformity in health and beauty on both the outside and inside.

Assuming that external appearance is indicative of a person's health as a whole, it is important to understand an 'internal condition' could be affecting that outer physicality. Why? Health is the underlying factor: being healthy or having an illness but working towards becoming healthy is closely related to being healthy looks-wise. Endeavouring to be healthy requires a stable balance between mind and body as both reflect positive anticipation. Physical appearance and inner health are rather like the old question as to which comes first - the chicken or the egg?

Stimulating the Lifespan of Genes

I am sure we are all aware of the recent news on the topic of sirtuin genes (longevity genes). In 2000, the sirtuin gene was found in yeast during a genome research project. The discovery of this gene affects all living things as it is found to delay aging and prolong lifespan. This gene is normally in a dormant state but when it is stimulated, all the internal organs of a person are affected, reactive oxygen species are removed, atherosclerosis is controlled, and the formation of cancer cells can be controlled!

One's immediate reaction might well be, "Longevity; No, thank you. Who needs to spend even more time in this tough and torrid world just growing older? Much better to live an average lifespan and be a 'short-lived' beauty!" But, please note that this gene is not only for longevity but can also be effective in restoring youth. Surely we would all like to be healthy and beautiful for however long we live? And, this goal is within reach.

There actually is an easy way to stimulate the sirtuin gene and that is by limiting calorie intake by some 30 per cent. This calorie restriction is also called 'caloris'. Naturally it is important to eat balanced meals but a little calorisis stimulates the enzyme in the mitochondrial cells which in turn activate the sirtuin gene that restores and rejuvenates beauty and youth.

A 2009 calorisis research carried out by the leading magazine 'SCIENCE' on aging monkeys showed that those undergoing calorisis looked younger and healthier than monkeys not included in the process.

Taking this into consideration, age is not determined by the number of years one lives but by how one lives and the effort made to be healthy and stay young and beautiful. I believe it will bring a sense of ease to each and every person to know that it is possible to influence and change one's lifespan regardless of actual age in years.

Preserving and improving your health requires knowledge or having an *idea* of health needs; coping within a stressful and satiated environment by looking after oneself and performing calorisis is the *innovation* in lifestyle; stimulating your sirtuin gene takes *effort* or hard work; and finally *PASSION* is required to maintain youth and beauty.

If you strive to stay beautiful and healthy, you may be surprised one day to find that you have lived for 100 years. With the aid of new medicine oriented innovation, what used to be 'short-lived beauty' is slowly but surely nearing 'long-lived beauty'.

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