

A HEALTHY, ANTI-CANCER, ANTI-ALZHEIMER'S, CARDIAC-WISE LIFE:

MINIMUM EXERCISE: 30 minutes/day, 4 days/week, must increase exertion until you perspire and are slightly out of breath. Core exercises and Weight lifting are best! Desire increased heart rate to 1.5x resting. Stretch before and after.

BEST DIET: DIVERSE, HIGH FIBER: 9 servings of vegetables and fruits daily: onion, cabbage broccoli, cauliflower, kale, spinach beans, peas, tomatoes, sweet potatoes, squash, any citrus, blueberries, prunes, raisins, cantaloupe, apples, banana, greens but not iceberg lettuce. LOWFAT: Use canola or other vegetable oil for cooking. Eat <60grams of fats/day. REDUCE DAIRY FATS. Eat low-fat dairy products. These fats go right to your arteries.

VITAMINS THAT YOUR SHOULD TAKE (BASED ON MEDICAL EVIDENCE):

ONE Multivitamin, such as Centrum Silver, or other brand name.

THREE supplements: Vit D: 5,000 mcg Aspirin 81mg, one daily Calcium: 1,000 mg

OPTIMIZE YOUR BODY MASS INDEX TO <25 to live 12 years longer:

(BMI=Your weight in Lbs x 703/your height in inches squared)

Most successful way to get there: Weight Watchers weekly meetings for 2 years are more effective than any other plan, Overeaters Anonymous, Take Off Pounds Sensibly (TOPS). Plan not to diet but to change your life. If you are above your ideal body weight, you can expend 300 calories by doing one hour of gentle exercise activity.

If you expend or reduce intake by only 300 calories daily, you will lose one pound/2 weeks and improve your cholesterol, reduce risk of breast and colon cancer, avoid osteoporosis, improve blood pressure, reduce heart attack and stroke risk, reduce depression and feel like a million. Participation in sports activities promotes balance, joy and longevity!
(Anderson, Arch Int Medicine, 2000).

GET SCREENED: The tests that should be done on all healthy women over 35:

Pap smear every 1-3 years. Cervix cancer rates do not reduce with age.

Mammogram every year after 40. Breast cancer rates increase with age.

Colonoscopy every 3-5 years (depends on risk). Colon cancer can be prevented.

Blood pressure, blood sugar, cholesterol: Optimize naturally, or take a medication.

Bone Density after off any estrogen, every 2-4 years.

Dental exam and cleaning every 6 months.

PSYCHOLOGIC HEALTH: Therapy, Meditation, Spiritual Growth, and Reading Groups. Yoga.

Find out how you can be a better person! Schedule exercise and your steps to self-improvement in your calendar.

SLEEP: 7 hours of good rest or consult your general practitioner.

WHAT IS REAL EXERCISE? YOU GOTTA KNOW! AT EVERY AGE!

Why do it: energy, weight control, heart health, endurance, strength, longevity, reduce depression, look good, prevent osteoporosis, have better sex, prevent falls, delay bedridden state.

To make a muscle fit, we work it slightly harder than usual use for a sustained period of time on a regular basis. Because the most important muscle in your body is the heart muscle, which is always pumping, you must exert your heart muscle by raising the heart rate for thirty minutes four times weekly, over its normal workload. This is exercise!

This does not mean gardening or walking, Tai Chi or Yoga, which are great activities, and good for the soul, but they have little or no impact on the heartbeat.

It means we have to do something a little vigorously to get our heart rate up, such as walking vigorously for 15 minutes away from our home and then 15 minutes back to your home. Or you could stand still and lift weights, or ride a bicycle, or do push-ups and sit-ups on the floor, or sit in a chair and lift weights...anything that is slightly exertive, and done consistently for 30 minutes, regularly for 4 times weekly.

No matter what your ability, you can always creatively exercise your heart muscle.

AS LONG AS YOU ARE ALIVE, YOU NEED TO EXERCISE!

Why?

For energy, weight control, health, endurance, strength, longevity, anti-depressant, libido. Just 2500 calories of exercise/week halves heart disease and cancer risk! Do it!

If walking is what you already do for exercise, do it slightly faster, or carry a one-pound weight on each of your wrists, and constantly be moving your hands over your head in patterns to spend more calories, protect your bones, improve your balance, and strengthen your heart.

FYI: above diet can reduce stroke by 30%, cancer by 20%, prevent osteoporosis, reduce blood pressure, prevent heart attacks, and improve lung function dramatically.

References:

How Women Can Finally Stop Smoking. Klesges & DeBon, Hunter House, 1994.

Eat more, Weigh Less. Dean Ornish, Harper-Collins, 1993.

The Zone. Barry Sears

For Yourself. Lonnie Barbach, New American Library, 1976. (for women to improve their sex life)

How to Satisfy a Woman Every Time. Naura Hayden (for men – to have better sex with women)