

Healthy Life-Style Guidelines and Suggestions

A compilation of suggestions for weight management, healthy diet, & healthy life-style
Complements of AffordableMassage.com

Some Dietary Guidelines and Tips for getting your health back and keeping it at any age!

- **Calories per Day:** The average person should be consuming between 1200 and 2000 calories per day, depending on ideal weight for your height and gender (see included table).
 - That breaks down to 400 to 667 calories per meal, on average, for 3 square meals, without snacking --- less per meal with between meal snacking.
- **Good Foods:** Meals should be primarily whole foods, plant based (heavy in vegetables and fruits) and whole grains and/or legumes (beans) and even nut varieties in small quantities. Limit meats, dairy, and processed foods, or better become a whole foods plant based vegetarian or vegan to the best of your ability for optimal life-long health.
- **Bad Foods:** Avoid foods high in fats, particularly those w/ hydrogenated oils or saturated fats (animal based), white flour bread products, deep fried foods, doughnuts, pizza, fast and convenience store foods, refined sugars, highly processed foods, foods rich in artificial flavors, colors, & preservatives.
- **Cook More:** read ingredients, shop the health food isles and cook more with basic healthy ingredients.
- **Light and Early Dinners:** Dinner should be light in calories (under 500 calories is ideal) – i.e. salad and low calorie soup or baked salmon and broccoli as examples.... and you should finish dinner no later than 6 or 6:30pm – at least 4 hours before bed for optimal digestion. If you must eat late for some reason, always stick with a salad with light dressing, no croutons, low calories. A **whole grain** or **whole wheat wrap** with salad greens, veggies and even vegetarian meat substitutes or smoked salmon make for a great tasting light calorie meal with infinite variations using an endless variety of sauces and vegetables that can be prepared in minutes and pack powerful nutrition in under 500 calories.
- **Smoothies:** a great way to use up produce and have a quick and healthy meal substitute, using both fruits and greens, is to make smoothie combinations in a high power blender such as a Vitamix. Mix frozen and fresh fruits and veggies – find great tried and true recipes on-line. Add healthy components such as chia or flax seeds and frozen organic fruits as well as any super-food combinations.
- **Food Audit:** Perform a home food audit, and foods that are highly processed, high in fats, high in sugars, laden with artificial and chemical ingredients, etc., throw in the trash and start over at the grocery store. Audit / Inventory your refrigerator, your freezer, your pantry and cabinets, but especially your snack foods and microwave quick foods – there are so many healthy alternatives.
- **Eating Meat:** If you eat meat, eat high quality, sustainably/humanely raised animal products that are hormone free, antibiotic free and grass fed as much as possible – spend twice as much per pound of meat and eat half as much so the cost remains the same but the **quality** and **humane/ cruelty-free** factor goes up significantly.
- **Dairy:** Avoid all cow's milk dairy products as much as possible – enjoy non-GMO soy milk, soy creamer, soy yogurt and limit cheese to avoid saturated fats and for heart / arterial health. Also try vanilla flavored hemp, almond & coconut milks as alternatives to cow's milk as all cow's milk products contain

casein protein, a huge contributor to heart attacks, strokes and cancer (Ref. The China Study and Forks Over Knives). The healthiest cultures in the world – such as the Okinawan’s of Japan have a large soy consumption in their diet. Don’t believe the dairy industries lie campaigns about whole soy being bad for you – it’s not true – but do buy **Non-GMO Project Verified** or **USDA Organic** soy when possible.

- **USDA Certified Organic:** Eat USDA organic foods and products if and when possible – Why? because certified organic means that foods **CANNOT** be grown from Genetically Modified Organism seed strains (GMO), cannot use synthetic fertilizers or pesticides, contain no artificial ingredients, no artificial colors, no artificial sweeteners, no chemical preservatives, cannot be irradiated, cannot be grown with human or animal waste, cannot be grown in contaminated soils – and for animal products – cannot be raised with hormones, synthetic chemicals or drugs and the animals must eat “all natural” God given food sources such as grass on untreated natural grass lands.
- **Spices / Herbs:** use them liberally, esp. the anti-inflammatory and medicinal varieties such as powdered or fresh ginger, turmeric, cinnamon and so many more. Grow an herb garden and have fresh herbs for salads and cooking.
- **Use of Oils:** Avoid oils in your food preparation as much as possible when you cook or bake – all oils have 130 calories per TBS and have virtually no health benefits of any kind except to make you fat. Oils have virtually no nutrition, no vitamins, no minerals, and are much more processed and refined than you are led to believe – they all contribute to arterial blockages and plaques in your vascular system – ref. Forks Over Knives / The China Study. If you must use a bit of oil, use high quality extra virgin olive oil or organic coconut oil very sparingly. Learn to cook and eat with minimal or no added oils.
- **Refined Sugars:** Avoid refined sugars as much as possible... sugar from whole fruit is fine, raw honey, organic agave , maple syrup, and stevia -- use any of these in reasonable and limited quantities as sweeteners and avoid all products that contain High Fructose Corn Syrup (HFCS).
- **Sugary Drinks:** Not good for anyone. Learn to drink unsweetened drinks such as unsweetened iced tea (make your own with green tea / herbal combinations). Drink naturally flavored seltzer waters or stevia sweetened drinks with zero calories such as Sobe LifeWaters.
- **Whole Foods / Plant Based Diet:** The best conceivable diet is a whole foods, plant based, vegan diet – no meats, no dairy – low refined sugar (& white flour), low oil consumption, minimal processed foods... try to come as close to this as you can manage for optimal health - Ref. Forks Over Knives.
- **Smoking and Chewing Tobacco:** Smoking is death to every cell in your body and counter to trying to live a healthy life. Give it up now – same with chew. If you ever smoked, have a pulmonary lung cancer scan by 50 years of age or 55 at the latest... you may have early slow growth cancer tumor development forming in your lung tissue and best to catch it early as lung cancer = death.
- **Alcohol:** Alcohol is a drug, like heroin, and is very bad for you in any form as it can be both addictive & life-destroying, and like all drugs, often becomes the reason for the evening. Alcohol contributes to more crimes in America than all other drugs combined and destroys more lives and more health than all other drugs combined. Alcohol also contributes useless calories to your diet and can help to make for a big protruding belly as you age. It also helps to age and ravage the skin as you grow older.
- **Exercise:** Yes, exercise is still important at any age. Simple solution? Walk. Simply take a brisk walk for at least 20 minutes, continuously, each and every day that you can. Longer is better, more than once a day is even better. Do it with friends, family, neighbors, during your lunch break, before work, after work, in a mall, around the block, along a bike trail or stream or in nature. But walk, briskly. Gyms,

weights, personal trainers, biking, kayaking, hiking... all good, but not likely for most esp. as we age. So walk often and walk until you no longer can at any age.

- **Quantify Your Weight Loss Goals:** Using the provided weight loss goals tracking spreadsheet, make 6 to 12 copies of the spreadsheet and set a goal for weight loss, based on your current weight vs. your ideal weight or where you hope to be in 6 or 12 months. Daily or weekly weigh-in's are very important, weighing yourself as soon as you wake up and do your morning duties and are naked on your same scale -- this is the lightest weight that you will be all day before caloric intake and after sleep.

Foods that fight pain and inflammation:

1. Turmeric: Turmeric (*curcuma longa*) is the yellow spice commonly used in Indian curries. In research it has been shown to be a more effective anti-inflammatory than steroid medications when dealing with acute inflammation. Its main therapeutic ingredient is curcumin. Research shows that curcumin suppresses pain through a similar mechanism as drugs like COX-1 and COX-2 inhibitors (without the harmful side effects). Choose a standardized extract with 1500 mg of curcumin content per day (many Curcumin-95 capsules are 500 to 750mg --so take 2 daily with meals).

2. Ginger: Ginger reduces pain-causing prostaglandin levels in the body and has been widely used in India to treat pain and inflammation. A study by Indian researchers found that when people who were suffering from muscular pain were given ginger, they all experienced improvement. The recommended dosage of ginger is between 500 and 1,000 milligrams per day. If you're taking medications, check with your health practitioner for possible herb-drug interactions.

3. Golden Milk / Turmeric Tea: visit www.AffordableMassage.com and click on the link to the **Golden Milk / Turmeric Tea blog** and for a description and the recipe for a concentrate that can be made in advance for a 10 day supply of this most powerful anti-inflammatory drink that contains large amounts of both turmeric (curcumin) and ginger.

References:

Forks Over Knives – the Plant Based Way to Health – the companion guide to the documentary Forks Over Kinves – a must see documentary – T. Colin Campbell, PhD (Cornell Univ.) and Caldwell B. Esselstyn Jr. M.D. (Princeton Univ.)

The China Study – **Startling implications for diet, weight loss and long term health** – by T. Colin Campbell

Prevent and Reverse Heart Disease – **The Revolutionary, Scientifically Proven, Nutrition Based Cure** – by Caldwell B. Esselstyn Jr., M.D. – Princeton Univ. and co-author of Forks Over Knives and The China Study.

The Okinawa Program: How the World's Longest-Live People Achieve Everlasting Health – And How You Can Too (authors Willcox, Willcox and Suzuki – Harvard M.D.'s / & Professor Emeritus at Univ. Japan)

Forks Over Knives – The Cookbook – over 300 recipes for plant based eating all through the year – companion to the Forks Over Knives documentary -- author Del Sroufe

Curcumin – The 21st Century Cure – by Jan McBarron M.D., N.D. – the extraordinary healing and anti-inflammatory powers of turmeric / curcumin.

The Wisdom and Healing Power of Whole Foods – the ultimate handbook for using whole foods and lifestyle changes to bolster your body's ability to repair and regulate itself. By Patrick Quillin, PhD, RD, CNS

Superfood Smoothies – 100 Delicious, Energizing and Nutrient Dense Recipes – by Julie Morris

Thrive Energy Cookbook – 150 plant base whole food recipes by Brendan Brazier

Ideal Weight Calculator and Table (& accompanying tracking spreadsheet)

The calculation for a healthy weight for all human beings of all body types, shapes, sizes and bone structures is presented from this simple old school medical formula for an ideal weight guideline range for a man and for a woman:

These guidelines are synonymous with lean appearance, small protruding belly for men, smaller buttocks, hips and thighs for women and overall what our society considers lean and ideal body/weight by any observable measure, including while wearing a bathing suit or being naked. Ideal weight numbers presented are best for minimizing belly protrusions and anything less (towards the lower range listed) begins to approach a natural six pack potential with a bit of work. The upper range listed will still result in a belly for men/women (minus accounting for muscular bodies).

Ideal weight calculation for a man:

110 lbs. at 5'0" and add 5 lbs. for every inch over 5 feet (+/10% for healthy range).

(muscle mass does weigh more than fat, so for muscular people, higher ranges are quite acceptable).

Ideal weight calculation for a woman:

100 lbs. at 5'0" and add 5 lbs. for every inch over 5 feet (+/10% for healthy range).

(muscle mass does weigh more than fat, so for muscular people, higher ranges are quite acceptable).

Height	Ideal Weight for men (lbs.)	Lower range for men (lbs.)	Upper range for men (lbs.)		Ideal Weight for women (lbs.)	Lower range for women (lbs.)	Upper range for women (lbs.)
4'10"	100	90	110		100	90	110
4'11"	105	94.5	115.5		105	94.5	115.5
5'0"	110	99	121		110	99	121
5'1"	115	103.5	126.5		115	103.5	126.5
5'2"	120	108	132		120	108	132
5'3"	125	112.5	137.5		125	112.5	137.5
5'4"	130	117	143		130	117	143
5'5"	135	121.5	148.5		135	121.5	148.5
5'6"	140	126	154		140	126	154
5'7"	145	130.5	159.5		145	130.5	159.5
5'8"	150	135	165		150	135	165
5'9"	155	139.5	170.5		155	139.5	170.5
5'10"	160	144	176		160	144	176
5'11"	165	148.5	181.5		165	148.5	181.5
6'0"	170	153	187		170	153	187
6'1"	175	157.5	192.5		175	157.5	192.5
6'2"	180	162	198		180	162	198
6'3"	185	166.5	203.5		185	166.5	203.5
6'4"	190	171	209		190	171	209
6'5"	195	175.5	214.5		195	175.5	214.5

To compute Body Mass Index (BMI): Multiply your weight in pounds by 705. Divide the result by your height in inches. Divide again by your height in inches. This will give you your BMI. 19 – 25 = Normal or healthy. 25 – 30 = overweight. 30 and above = obese. Visit www.nhlbisupport.com/bmi for more info.

Month / Day	Current / Actual Weight	Height / Sex	Ideal Weight Range from Chart for height	Target Weight & Weekly Actual	Duration for weight loss
(i.e. Jan.)	(i.e. 200 lbs.)	(i.e. 5'6" / Male)	(i.e. 140 (154/126))	(i.e. 150 lbs.)	(i.e. 6 months)
<p>So in our example, we want to lose 50 lbs. over 6 months or 8.333 lbs. per month, or 1.92 lbs. per week for 26 weeks -- so by the end of week 1, you should have lost 200 lbs. - 1.92 lbs. = 198.08lbs. And so on, week by week -- you can compare weekly goals to actual weights in the cells for each week in the monthly sheets. Make copies of this spreadsheet for each month of your weight loss goal duration and compare/track often.</p>					
Monthly Required Weight Loss Goal: _____			Weekly Required Weight Loss Goal: _____		
Month / Day	Actual Daily Weight to compare to Weekly Target	Height / Sex	Ideal Weight Range from Chart for height (+/- 10%)	Weekly Weight Target for Duration of Goal Set	Duration for weight loss goals
_____	_____	_____	_____	_____	_____
1					
2					
3					
4					
5					
6					
7					
Weekly Weight Check	_____			_____	
8					
9					
10					
11					
12					
13					
14					
Weekly Weight Check	_____			_____	
15					
16					
17					
18					
19					
20					
21					
Weekly Weight Check	_____			_____	
22					
23					
24					
25					
26					
27					
28					
Weekly Weight Check	_____			_____	
29					
30					
31					
End of Month Weight	_____			_____	

Dr. Andrew Weil's Anti-Inflammatory Food Pyramid



FRUITS

How much: 3-4 servings per day (one serving is equal to 1 medium size piece of fruit, ½ cup chopped fruit, ¼ cup of dried fruit)

Healthy choices: Raspberries, blueberries, strawberries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, and pears - all lower in glycemic load than most tropical fruits

Why: Fruits are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, choose fruit that is fresh in season or frozen, and buy organic when possible.

VEGETABLES

How much: 4-5 servings per day minimum (one serving is equal to 2 cups salad greens, ½ cup vegetables cooked, raw or juiced)

Healthy Choices: Lightly cooked dark leafy greens (spinach, collard greens, kale, Swiss chard), cruciferous vegetables (broccoli, cabbage, Brussels sprouts, kale, bok choy and cauliflower), carrots, beets, onions, peas, squashes, sea vegetables and washed raw salad greens

Why: Vegetables are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, eat them both raw and cooked, and choose organic when possible.

BEANS & LEGUMES

How much: 1-2 servings per day (one serving is equal to ½ cup cooked beans or legumes)

Healthy choices: Beans like Anasazi, adzuki and black, as well as chickpeas, black-eyed peas and lentils

Why: Beans are rich in folic acid, magnesium, potassium and soluble fiber. They are a low-glycemic-load food. Eat them well-cooked either whole or pureed into spreads like hummus.

PASTA (al dente)

How much: 2-3 servings per week (one serving is equal to about ½ cup cooked pasta)

Healthy choices: Organic pasta, rice noodles, bean thread noodles, and part whole wheat and buckwheat noodles like Japanese udon and soba

Why: Pasta cooked al dente (when it has "tooth" to it) has a lower glycemic index than fully-cooked pasta. Low-glycemic-load carbohydrates should be the bulk of your carbohydrate intake to help minimize spikes in blood glucose levels.

WHOLE & CRACKED GRAINS

How much: 3-5 servings a day (one serving is equal to about ½ cup cooked grains)

Healthy choices: Brown rice, basmati rice, wild rice, buckwheat, groats, barley, quinoa, steel-cut oats

Why: Whole grains digest slowly, reducing frequency of spikes in blood sugar that promote inflammation. "Whole grains" means grains that are intact or in a few large pieces, not whole wheat bread or other products made from flour.

HEALTHY FATS

How much: 5-7 servings per day (one serving is equal to 1 teaspoon of oil, 2 walnuts, 1 tablespoon of flaxseed, 1 ounce of avocado)

Healthy choices: For cooking, use extra virgin olive oil and expeller-pressed organic canola oil. Other sources of healthy fats include nuts (especially walnuts), avocados, and seeds - including hemp seeds and freshly ground flaxseed. Omega-3 fats are also found in cold water fish, omega-3 enriched eggs, and whole soy foods. Organic, expeller pressed, high-oleic sunflower or safflower oils may also be used, as well as walnut and hazelnut oils in salads and dark roasted sesame oil as a flavoring for soups and stir-fries

Why: Healthy fats are those rich in either monounsaturated or omega-3 fats. Extra-virgin olive oil is rich in polyphenols with antioxidant activity and canola oil contains a small fraction of omega-3 fatty acids.

FISH & SEAFOOD

How much: 2-6 servings per week (one serving is equal to 4 ounces of fish or seafood)

Healthy choices: Wild Alaskan salmon (especially sockeye), herring, sardines, and black cod (sablefish)

Why: These fish are rich in omega-3 fats, which are strongly anti-inflammatory. If you choose not to eat fish, take a molecularly distilled fish oil supplement that provides both EPA and DHA in a dose of 2-3 grams per day.

WHOLE SOY FOODS

How much: 1-2 servings per day (one serving is equal to ½ cup tofu or tempeh, 1 cup soymilk, ½ cup cooked edamame, 1 ounce of soynuts)

Healthy choices: Tofu, tempeh, edamame, soy nuts, soymilk

Why: Soy foods contain isoflavones that have antioxidant activity and are protective against cancer. Choose whole soy foods over fractionated foods like isolated soy protein powders and imitation meats made with soy isolate.

COOKED ASIAN MUSHROOMS

How much: Unlimited amounts

Healthy choices: Shiitake, enokidake, maitake, oyster mushrooms (and wild mushrooms if available)

Why: These mushrooms contain compounds that enhance immune function. Never eat mushrooms raw, and minimize consumption of common commercial button mushrooms (including crimini and portobello).

OTHER SOURCES OF PROTEIN

How much: 1-2 servings a week (one portion is equal to 1 ounce of cheese, 1 eight-ounce serving of dairy, 1 egg, 3 ounces cooked poultry or skinless meat)

Healthy choices: High quality natural cheese and yogurt, omega-3 enriched eggs, skinless poultry, grass-fed lean meats

Why: In general, try to reduce consumption of animal foods. If you eat chicken, choose organic, cage-free chicken and remove the skin and associated fat. Use organic, reduced-fat dairy products moderately, especially yogurt and natural cheeses such as Emmental (Swiss), Jarlsberg and true Parmesan. If you eat eggs, choose omega-3 enriched eggs (made by feeding hens a flax-meal-enriched diet), or organic eggs from free-range chickens.

HEALTHY HERBS & SPICES

How much: Unlimited amounts

Healthy choices: Turmeric, curry powder (which contains turmeric), ginger and garlic (dried and fresh), chili peppers, basil, cinnamon, rosemary, thyme

Why: Use these herbs and spices generously to season foods. Turmeric and ginger are powerful, natural anti-inflammatory agents.

TEA

How much: 2-4 cups per day

Healthy choices: White, green, oolong teas

Why: Tea is rich in catechins, antioxidant compounds that reduce inflammation. Purchase high-quality tea and learn how to correctly brew it for maximum taste and health benefits.

SUPPLEMENTS

How much: Daily

Healthy choices: High quality multivitamin/multimineral that includes key antioxidants (vitamin C, vitamin E, mixed carotenoids, and selenium); co-enzyme Q10; 2-3 grams of a molecularly distilled fish oil; 2,000 IU of vitamin D3

Why: Supplements help fill any gaps in your diet when you are unable to get your daily requirement of micronutrients.

[Click here](#) to learn more about supplements and get your free recommendation.

RED WINE

How much: Optional, no more than 1-2 glasses per day

Healthy choices: Organic red wine

Why: Red wine has beneficial antioxidant activity. Limit intake to no more than 1-2 servings per day. If you do not drink alcohol, do not start.

HEALTHY SWEETS

How much: Sparingly

Healthy choices: Unsweetened dried fruit, dark chocolate, fruit sorbet

Why: Dark chocolate provides polyphenols with antioxidant activity. Choose dark chocolate with at least 70 percent pure cocoa and have an ounce a few times a week. Fruit sorbet is a better option than other frozen desserts.

Additional Item:

WATER

How much: Throughout the day

Healthy choices: Drink pure water, or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon) throughout the day.

Why: Water is vital for overall functioning of the body.

Source: From: <http://www.drweil.com/drw/ecs/pyramid/press-foodpyramid.html>

Over Coming Obesity

Obesity is Dangerous to Your Body

Obesity causes harm to the human body. Humans were meant to be lean and slim, but as our culture becomes a sedentary one as opposed to a hunting and gathering one, the extra pounds are adding up fast. Obesity contributes to every health problem in the spectrum of illness. Obesity contributes to and accelerates coronary heart disease, cancer, high blood pressure, hyper tension, diabetes, joint disease, strokes, arthritis, and it generally weakens the bodies immune system, creates an imbalance in the hormonal system and contributes greatly to depression and low self-esteem. The more obese, the greater the long term health risks. Obesity may soon overtake smoking as the leading cause of death in the U.S. (17% of all deaths in 2000 vs. 18% for smoking).

17 Secrets for Eliminating Excess Calories

1.) Spice up your meals: We tend to eat less when food is a bit hot. **2.) Bulk up your salads:** Chew bigger pieces rather than shredding – takes more time. **3.) Drink water before your meal:** this decreases your appetite. **4.) Try a juice spritzer instead of juice:** Mix your favorite juice with sparkling water or water. **5.) Have a cup of green or jasmine tea before you walk:** caffeine liberates fatty acids from muscles during exercise. **6.) Spray, don't pour the oil:** use coconut or olive oil sprays. **7.) Have chunky soup:** chunks make you feel more full. **8.) Read labels:** often the # of servings in a bag or bottle is more than 1 so calories can be double or more. **9.) Get a lunchbox:** Dining out can make you fat – pack healthy at home. **10.) Measure before cooking pasta:** too much pasta means we eat more. **11.) Savor your snack:** eat a snack slowly and savor every bite – makes us eat less. **12.) Earn your calories:** Do 10 sit-ups or push-ups before a snack. **13.) Satisfy your craving in other ways:** chew gum, have a mint. **14.) Friendly reminders:** put notes on the refrig or cupboard "Do you really need that cookie now?" **15.) Think small:** don't buy giant bulk containers for yourself. **16.) Avoid food / drinks with high fructose corn syrup:** it may signal your brain want more food. **17.) Get inspired:** have a role model body that you aspire to having and think about it often.

The Secret to a Slimmer You

Want to know the secret for successful weight loss? Eat less and exercise more. It's not always easy, but by adopting healthy eating habits and a regular exercise routine, you are sure to lose weight without depriving yourself of nourishing, satisfying food. And if you continue those good habits after you reach your goal, you will have an excellent chance of maintaining your desired weight. Also, understand your Body Mass Index (BMI – see footnote) and stay in the healthy range for both BMI and Ideal Weight.

Here are some more tips for successful weight loss

Avoid artificial sweeteners and synthetic fat substitutes. They are unhealthy and not conducive to the development of good eating habits.

Dietary supplements or "fat-burning herbs" are usually just stimulants - don't rely on them. The pounds will surely return once you've stopped taking them. Avoid high fructose corn syrup – it has been linked to a possible "sugar craving" urges in the brain which stimulates the desire to over eat. Build lean body mass.

Strength training burns excess calories and influences the way your brain regulates hunger, making you less susceptible to food cravings. Pay attention to the mental and spiritual aspects of weight control. Use relaxation exercises - instead of food - to combat anxiety. Set a 6 month or 1 year weight loss goal and quantify and track it with monthly and weekly goals.

How Can You Get On the Optimum Diet?

The main emphasis of the Optimum Diet is variety. By mixing up your menus, you are almost assured to expand your nutritional spectrum. Freshness is also important - the higher the percentage of fresh (preferably organic) foods in the diet, the better. By eating an abundance of organic fruits and vegetables, as well as whole grain foods, you can increase your intake of fiber and antioxidants while reducing your exposure to toxins or unwanted food additives.

The Optimum Diet also emphasizes a reduced consumption of highly processed foods, especially those made with white flour and sugar, while it advocates an increased consumption of beans, 40 grams of fiber a day, and plenty of water or other healthy fluids (i.e. green tea) - aim for six to eight glasses every day.

Learn about the Glycemic Index and Glycemic Load

Foods low on the Glycemic Index (GI less than 55) and which have a low Glycemic Load (GL) are considered good carbs and don't contribute greatly to raising your blood sugar. A rule of thumb is that high fiber, whole foods are typically lower on the GI and have a lower GL. So whole grains, whole fruits and whole vegetables (as opposed to juices), fish, beans, and nearly all high fiber foods constitute healthy carbs and should **not** be excluded from your diet.

To compute Body Mass Index (BMI): Multiply your weight in pounds by 705. Divide the result by your height in inches. Divide again by your height in inches. This will give you your BMI. 19 – 25 = Normal or healthy. 25 – 30 = overweight. 30 and above = obese. Visit www.nhlbisupport.com/bmi for more info.

1. Life Style Matters Now!

(Grade yourself **A, B, C, D, or F** on each of the 4 categories below – what must you do to be an “A” student?)

1.) EAT & BREATHE WELL

Eat Healthy!! Eat small meals. Eat more vegetables and salads. You are what you eat. Avoid highly processed foods laden with unpronounceable chemicals, artificial ingredients and preservatives. Avoid saturated fats, trans fatty acids, and hydrogenated oils. You are all that you breathe (scented candles, room deodorizers, perfumes...). Don't Smoke!! You are all that you put on your body including perfumes, underarm deodorants, soaps & shampoos, cosmetics, lotions, creams, oils, finger nail polishes, hair sprays, gels... they all enter your bloodstream. So be natural and use natural healthy products. Read Labels. Be conscious of what you eat, breathe, & put on your body. Shop more in the health foods isles and in specialty stores and markets. Think before you ingest.

2.) EXERCISE EVERYDAY

Walk, Walk, Walk – take long brisk walks several times per week (1 mile walk = about 100 calories). Jog, bike, lift weights, join a gym, swim, garden, hike, paddle, do aerobics, dance, stretch, swim, do yoga ... Turn off the TV, computer, tablet and cell phone. Get down to a healthy weight for your age & height as well as Body Mass Index (BMI). Do these things until you no longer can and make exercise a priority. Remain active for life.

3.) REDUCE STRESS

Stress Kills. It contributes greatly to cardiovascular disease, depressed immune system, cancer, stroke, suicide, and accidents. It also reduces life expectancy as stress takes a great toll on the body and on our health as years pass. Stress degrades the quality of our lives. Reduce stress, anger, worry, anxiety, depression, rage, bitterness, and all other negative emotions that weaken your immune system and cause harm to your bodies state of homeostasis (bodies natural healthy balance). Take more hot baths, sit in a Sauna or a Steam Room, enjoy a Hot-Tub. Start practicing Yoga or Meditation. Get a Massage. Simplify your life. Learn to say NO to more obligations and commitments. Learn to slow down your mind and reduce your thoughts – have more peace and enjoy life!

4.) ENJOY LIFE

Be peaceful, be happy, have bliss. Laugh more. Joke more. Smile more. Have more fun. Make a list of all of the things that you love. Pursue them often. Be with friends and family that make you happy. Pursue a job that you love. Leave a relationship that no longer works for you. Make new friends. Be more spiritual – pursue spirituality. Give and receive love and kindness, peace and joy. Socialize with upbeat, positive people. Smile and laugh often.

*****KEEP SMILING, STAY HEALTHY**

An upbeat, positive nature seems to foster good health, and new evidence suggests that a happy, relaxed emotional style may even protect you from the common cold. Researchers at Carnegie Mellon University in Pittsburgh recently tested 334 healthy people to see whether their emotional "style" influenced how readily they became infected by germs that cause colds.