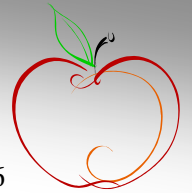




# Martin Anthonisen's **PERSONAL HEALTH 101** 101 WAYS TO LIVE HEALTHY TO AGE 101

Fall, 2006



## *A few words from Martin...*

*We hear a great deal of “noise” out there from health writers, lecturers and infomercials, enough to cause serious confusion (misinformation even) about **eating programs**. Many of these writers are professional psychologist-types who know how to turn a phrase to sell us on their ideas. These ideas are generally based on either getting our weight under control or living a long life, as in “Lose 16 pounds in 16 days” or “Take 3 of our pills daily and you will live forever” (or for at least 3 weeks).*

*My staff and I read countless promos from dozens of vendors along with 20 health newsletters each month for which we pay from \$20 to \$69 annually. What follows in these next paragraphs are lifestyle change ideas recommended by some of the best authorities we can find. These are not diets, per se. We all agree that diets generally do not work. If you, like tons of others, have tried them, we would wager real money that they didn't work for you either. Rather, they have been found to be a waste of time, energy and money. So let's start here with some genuine lifestyle changes that make sense.*

*It is my goal to introduce many core concepts (such as taking probiotics) as actions that are not necessarily symptom specific. Examples of core concepts would include keeping our bodies well hydrated. This starts with adequate ingestion of daily liquids, e.g. 6-8 glasses of water a day.*

## **HEALTH MANAGEMENT & WEIGHT CONTROL FOR THOSE WHO LOVE TO EAT... BUT HATE DIETS**

There is a pill we should all be taking each morning that appears to represent a fundamental plus for our bodies. Start the day with a PROBIOTIC (translated ‘for life’). We take it well before breakfast. It has an enteric coating so it can pass out of the (hydrochloric acid) base of our stomachs into the small intestine. The flora inside this small capsule contains nutrients that nurture our digestive process similar to acidophilus, bidifeda, etc. along the same reasoning line as a colon cleanse; but that's for a later discussion. This is one pill we wouldn't be without. Conversely, we all need to be aware that many vitamin and supplement companies would have us taking a pill for every problem we encounter. The first thing we know, we can find ourselves with dozens of bottles, each with a product designed to solve a particular problem. It seems no one addresses how these pills, over the counter and prescription drugs alike, will interact in our bodies.

Once we have the daily probiotic habit established we need to dispute the commercial drug companies' exhortations to treat every stomach upset (symptom) as an acid problem to be treated as though acid in the stomach were the villain. This idea does not resonate from our healthcare providers but rather from the (for profit) drug companies, who produce anti-acid tablets, liquids, etc. Commercial ad campaigns would have us get rid of the “acid problem” by taking one or more drug related over-the-counter remedies to eliminate the problem by eliminating the acids. What acids? The ones that help digest our food. Oh, by the way, did they ever mention that when we have an acid attack (pain, etc.) the body's message is that there is a lack of acid, not a surplus. Now, if our normal acid for digestion is constantly suppressed or eliminated, how could we possibly complete the digestive process?

What we should eat and why is detailed in countless books being written on the subject. Here we are touching on some of the more simplistic, but effective approaches:

Eating should be a relatively slow, relaxed process to help with the first step in the digestive process. What happens in the mouth prepares the food for the stomach to process it. Among other things, chewing adequately gets the food mingled with saliva, the first step in digestion.

Continued on Page 2

# HEALTH MANAGEMENT & WEIGHT CONTROL FOR THOSE WHO LOVE TO EAT... BUT HATE DIETS (Continued)

Since we don't think diets work over the long term, we have not included any in this writing. Several include some good ideas which we include on our lifestyle change list. Diets are often boring, thus difficult to continue or are so unbalanced as to be downright dangerous.

All that said, let's look at some basic changes that in most cases should be viewed as permanent. Regarding what we should and should not eat, here's the **big picture**:

Avoid the "whites" - white bread (choose whole grain) for all types of breads, buns, etc., white rice (choose brown rice), white sugar (choose stevia or xylitol), white potatoes (choose sweet potatoes). All of these "whites" are highly glycolic which can cause sugar spikes and, in turn, cause insulin spikes. More on this later when we discuss diabetes. By avoiding (or severely cutting back) whites you might just manage to avoid this dreaded disease.

Add in vegetables with either bright or deep color. This is especially true of greens, which should be dark green (avoid iceberg lettuce)... always wash... consider organic. (We'll all be avoiding spinach for a short time because of the current e. coli problem.)

## PERSONAL HEALTH 101

101 WAYS TO LIVE HEALTHY TO AGE 101

PAGE 2



3. Regarding Fats - There are good fats; olive oil, nuts, flax oil and seed, are all excellent. Bad fats (saturated fat from animals, including chicken skin) and deadly trans fats usually found in cookies, and pastries - check labels - trans fats should be 100% avoided.

Red Meat - Always choose lower fat cuts. Note for ground beef, use ground sirloin or ground chuck; go for 90% or more lean. Sirloin cuts are best.

Dairy - Milk, use 1%. Note: if you are currently using full fat milk (3 1/2%) cut gradually to 2%. Then several weeks later to 1%. You can stay there (or even better) go to skim (0%).

Seafood - Fish, the cold water variety is good, though mercury is a world-wide problem. It compounds in large fish so they are on the seldom eat list. Smaller fish get the nod. Sword, yellow tuna, and shark are on the once a month list. Sardines are up to twice a week. You get the idea.

7. Exercise - Right. You knew this was coming. Ugh. Exercise, yes. Here's the scoop. Two days a week, one hour of resistance training (we use a trainer to help us stay on task and not get hurt), plus 5 days of quick walking: 30 minutes per session. Work up to these levels.

These seven points are meant to deliver a broad overview. Add (or subtract) a few at a time. Remember, these are meant to be long term lifestyle changes. Why not start with the ones you find the easiest, then add others. Enjoy the process. No point to make it drudgery. How about making it a game, not as though your life depends on it (although in some cases, it just may... like if you go undiagnosed and turn out to be diabetic). And... **NO SMOKING.**

Remember, it takes 3-4 weeks to establish a habit, but only 3 days to break it. These suggestions are to help with your basic health protocol. You are probably already incorporating many of them in your daily living. Always make changes slowly and in consultation with your personal healthcare professional.

*Personal Health 101 is underwritten by Anthonisen Financial Corporation. We are neither medical doctors nor licensed medical professionals of any kind. The material contained herein includes lay person analysis from upwards of 20 health related newsletters and personal, non-medical professional comments. The content herein is not intended as personal medical advice, it is merely our non-professional analysis and comments for healthy living, and it has not been evaluated by the Food and Drug Administration or any other regulating body. We do not accept promotional fees of any kind. Subscriptions for all newsletters relied upon in the writing of Personal Health 101 are billed to us at full price. We neither sell nor endorse any specific newsletter or product. You may contact us at martin@personalhealth101.com.*