

Senior Style

April 2010

REVERSE AGING WITH HEALTHY, STYLISH LIVING

Hello again! I decided to dedicate this column to healthy, stylish living. The whole world seems to be obsessed with what to eat, organic this and that, how to prevent disease and prevent aging. One of my favorite studies and professions has been fitness instruction and nutritional advising. It seems that we all battle with the same problem, consistency. It's very simple; we are a product of our environment. It is our responsibility to take control of our busy schedules and give our bodies the TLC that they deserve. We only have one chance; let's not blow it! Have that healthy glow, the sharp mind, that body that looks and feels good, inspiring all of those around you. Here are some tips that will revolutionize your healthy lifestyle:

First things first, you have to be willing to change your environment and your way of thinking to successfully live in a healthy way.

Create a "lifestyle" schedule that includes enough time for the following: meal planning and prep, exercise or active sports, work, and of course your leisure time. Create an "active" schedule that includes: swimming laps, walking the dog, golf, tennis, stationary bike, yoga, aerobics, fitness tapes etc. Last, create a "home" workout should include: Stretching, Cardio, Strength training and Cool Down. Search on line or send me a message for your working heart rate. You must monitor this for your safety, exceeding your working heart rate can lead to heart attacks and serious medical problems. Check your pulse, count for six seconds and add a zero.

Create a menu that is not only fun but tasty. Choose organic veggies, dairy products, meats and any other items that are in your budget. The benefits of eating organic foods keep your body free of

dangerous chemicals and are easily digested.

Separate your menu into categories so that you have more variety to choose from.

Protein - builds muscle, improves the immune system and fights against obesity, mood disorders, memory loss and heart disease (almonds or other nuts, peanut butter, turkey and other low fat meats, eggs or extra-protein like whey protein in a powder form to blend shakes)

Beans and other legumes - build muscle, help to burn fat, and regulates digestion and fights against obesity, colon cancer, high blood pressure and heart disease (soybeans, chick peas, pinto beans, kidney and lima beans)

Spinach and other green vegetables - neutralize free radicals, molecules that accelerate the aging process and fights against obesity, osteoporosis, stroke and heart disease (romaine lettuce, collard greens, broccoli, asparagus)

Dairy products - build strong bones, assist in weight loss and fights against high blood pressure, cancer, obesity and osteoporosis (nonfat

or low-fat milk, yogurt, cheese, cottage cheese)
Oatmeal - boosts energy, reduces cholesterol, maintains blood sugar levels and fights against colon cancer, obesity, diabetes and heart disease,
Whole grains - prevent your body from storing fat and fights against heart disease, cancer, high blood pressure (multi-grain breads and cereals, wheat wraps, wheat or organic rice pasta, wild grain rice)
Olive oil - lowers cholesterol, boosts immune system and fights against cancer, high blood pressure and heart disease,
Fresh berries - enhances eyesight, improves memory, prevents cravings and fights against cancer, obesity and heart disease (raspberries, strawberries, blueberries).

NOW what to drink? Red wines are known to be good for your blood. The new craze in H₂O is **alkaline water!** What is it? Ionization is a two-step process, using its patented 3-chamber system. The first step is filtration; second step is ionization, from clean water to ionized water. The water flows through 3-chambers where positive ions are

attracted to the negative electrodes, and negative ions to positive electrodes. In English, pH is very important. Humans require a slightly alkaline blood pH, or a pH of 7.3 to 7.4 on a scale of 1-14 with 1 being 100% acid and 14 being 100% alkaline. Changes in blood pH outside of the normal range can result in permanent damage at the cellular level. Alkaline water has a pH of 9+ as tap water has a pH of 7. One result of today's acidic lifestyle, caused by the foods we eat, the air we breathe and the stress we experience, is an accumulation of acid wastes in our bodies. Many experts agree that most disease is a result of our bodies being overly acidic. The accumulation of acid wastes in our bodies is a contributing factor of many diseases like: diabetes, heart disease, ulcers, gallstones, cancer, arthritis, kidney stones, asthma, high blood pressure, high cholesterol and many more. In the acidic world that we live in where acidic foods and drinks are the norm, alkaline water helps to support the body's delicate pH system.

Alkaline water is energized and has micro-clustered water that hydrates every cell. It's small, lean molecules are easily absorbed and eliminate the sensation of water bloat, also used in cooking enhances the flavor, color and tenderness. Increase the level of healthy cells, reverse the aging process, fight disease, increase energy levels and pH balance our bodies with alkaline water!

Here's to your health!
Your Friend,



Yai Yai