

Take Years off your Life:

(Information from Dr. Oz on the Oprah Show)

Suggests to: Eat well (antioxidants, fiber, omega 3 fatty acids)

Have less stress in your life

Exercise Daily

Have a “passion”

Take vitamins to supplement your food

Antioxidants: onions, lemons, blueberries, broccoli, sweet potatoes, tomatoes, red wine, nuts, olive oil, dark chocolate, dark colored fruits and vegetables (choose red grapes over green ones); includes coffee, black and green teas & (a new fruit called “acai”)

Spices include: ginger, cinnamon, rosemary (good for digestion), and cayenne pepper

Fiber (women need 25-30 grams per day)

* stay away from white flour & sugar

- oatmeal
- brown rice
- 100% whole wheat bread
- beans

Omega 3 Fatty Acids:

- fish
- walnuts (and other nuts have lesser amounts)
- flax seed (buy milled or grind up the seeds)
- olive oil (don't fry it in a hot pan, coat veggies/meat with it)

Exercise: Cardio 3 X weekly (heart rate to 80% of max)

Strength training (weights 2 X weekly)

Flexibility (every day – stretch)

Yoga and Meditation: will aid in “stress relief” and should be done daily

Sleeping is the “fundamental way we rejuvenate our body” (each person is different, but Most need about 8 hours each night.) A “quiet down” time before bed, & keeping a regular routine will help to increase sleep time. Remember to floss daily. Oxytocin levels increase in the body with sexual activity - 2 X weekly optimal.

Vitamins: we need daily doses of vitamin D if we don't get enough regular sun exposure. (Dr. Oz suggests covering face with sunscreen and exposes arms and legs in summer sun for short periods of time.). Magnesium helps with the absorption of calcium. After menopause, women don't need vitamin A or iron in their multivitamin.