## Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>From the Editor</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Nutritional News</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Fitness</td>
<td>Benefits of Biking</td>
</tr>
<tr>
<td>12</td>
<td>Lifestyle</td>
<td>Find Your Happy Place</td>
</tr>
<tr>
<td>14</td>
<td>Nutrition</td>
<td>Intelligent Sugars</td>
</tr>
<tr>
<td>20</td>
<td>Herbs &amp; Supplements</td>
<td>Grape Seed and Pine Bark Extracts</td>
</tr>
<tr>
<td>22</td>
<td>Family Health</td>
<td>Dental Health – Best Foods for Your Teeth</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>Surprising Ways to Boost Your Brain</td>
</tr>
<tr>
<td>26</td>
<td></td>
<td>Healthy Lifestyle = Healthy Aging</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>Raising Confident Kids</td>
</tr>
<tr>
<td>31</td>
<td>Ask the Expert</td>
<td></td>
</tr>
</tbody>
</table>

## Features

<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Discoveries in Aging</td>
</tr>
<tr>
<td>16</td>
<td>Beyond Diet and Exercise</td>
</tr>
</tbody>
</table>
I’ve often said that lifelong learning is an important tool in the Art of Growing Young. How can anyone be expected to live a truly healthy lifestyle if the person is not knowledgeable about what that means? I’ve personally met many people who I know would like to live a healthy lifestyle but who quite honestly just didn’t know what that meant. I can’t help but feel saddened by that. In fact, one of the major reasons we originally decided to create this magazine was because we felt that there are countless people who desired a source for honest, easy-to-understand wellness knowledge.

Possessing the knowledge of what constitutes a healthy lifestyle is a gift that will help anyone live a healthier, happier life. But here’s a secret: if you don’t update your knowledge base, you may never be able to fully maximize your potential.

Every day in nutritional science new discoveries are being made that have the potential to change the way we define healthy diet and lifestyle. For example, many of us in the United States grew up thinking a healthy diet was based around the four food groups: meat, fruits and vegetables, cereals and breads, and dairy. But as new discoveries were made and scientists began to better understand the complex relationship between food and the body, the four groups gave way to the “food pyramid.” And now even the food pyramid is under review, and many different versions have been devised by different nutrition experts.

Of course, there are some constants that will probably never change, such as the importance of eating fresh fruits and vegetables or the need for regular physical activity and the consumption of high-quality protein (meaning providing all eight essential amino acids and a balance of all the others). But if you really want to be on the forefront of the wellness revolution, I encourage you to always look for opportunities to discover new information. When it comes to your health and happiness, there is no better place to start than by educating yourself, because every piece of new information learned is a new tool that will help you live a happier, healthier life.

With this in mind, I hope you find at least one new piece of knowledge in this issue that you are able to incorporate into your own healthy lifestyle. Even I learned, in researching for this issue, that early morning exercise has more calorie-burning benefits than does the same exercise done later in the day, and I have already incorporated this into my own lifestyle. Keeping ourselves healthy enhances our ability to be helpful to others, which also happens to be one of the greatest health-building activities that we can engage in.

Wright L. McKeon MD

“Keeping ourselves healthy enhances our ability to be helpful to others, which also happens to be one of the greatest health-building activities that we can engage in.”
Sleeping too much

When it comes to sleep, too much of a good thing may be just as bad as not enough. New research suggests that people who routinely sleep 6.5 to 7.5 hours a night live longer, healthier lives. On the other hand, people who sleep less than six or more than nine are more likely to suffer from health problems. And if that’s not enough reason to adopt good sleep habits, lack of sleep can stimulate your appetite, leading to added weight gain.

Morning workout

Boost your metabolism with a morning workout. A new study focusing on average people (not trained athletes) found that intense exercise in the morning led to almost 200 more calories burned off throughout the day, compared with the same intensity of exercise later in the day. In other words, they received a 37 percent bonus beyond the calories they burned during exercise.

Olive oil

People dealing with chronic pain may find some relief by substituting olive oil for butter. This Mediterranean kitchen staple is rich in antioxidant polyphenols, which have been shown to help inhibit a common pain-causing mechanism in the body. Moreover, because too much saturated fat in the diet (and butter is full of it) has been shown to erode bone strength and trigger pain, olive oil in place of butter is almost always a better option.

Laughter

Once again, research is showing that laughter really is good medicine. Laughing relaxes blood vessels and increases blood flow, which is the exact opposite of what happens when you are stressed. Therefore, finding something to laugh at when you are feeling stressed out can directly counteract the negative physiological changes taking place in your body.

Is multitasking leading to weight gain?

Multitasking while eating can lead to weight gain according to a recent study. Researchers found that people who were distracted while they ate (watching television, playing on their computers, texting on their phones, etc.) had a fuzzier memory of what they ate. Consequently, they felt less full afterward and were hungrier for dessert.
Biking is super heart-friendly. Riding a bike for 30 – 40 minutes provides an aerobic exercise that is wonderful for your cardiovascular system. Cycling has been associated with improved cardiovascular fitness and a decreased risk of developing coronary heart disease.

The aerobic workout is also good for weight control. If you keep your ride above a leisurely pace, it is possible to burn a lot of calories, which can help keep your waistline slimmer. Some estimates say that a 135-pound woman biking at a rate between 12 and 14 miles per hour for just one hour will burn a massive 488 calories! Like any other moderate- to high-intensity workout, a brisk bike ride will also help ramp up your metabolism. Better still, your metabolic rate remains elevated for hours afterward.

Riding a bike also gives your leg muscles a low-impact resistance workout, which builds and tones muscles – especially calf, thigh and butt muscles. Working the handlebars and balancing with your core muscles can also help tone your arms and stomach. Riding a bike is easier on your joints than running, because there is less shock, as your feet never pound onto the ground. This can make it attractive for people with joint conditions or leg and hip injuries. However, biking does require some balance. If this is a worry, stationary and recumbent bikes offer the same benefits but will not tip over.

In addition to the many physical benefits that biking has to offer, there is one important mental benefit as well. Biking home after work can also be an excellent way to work off the day’s stresses. Many people who cycle home after work find the exercise and additional time between office and home leaves them feeling much happier and less tense by the time they get home than they do if they drive. Much of this may be attributed to the endorphins released by exercise, which literally tell your brain to cheer up.

The stress-busting benefits of biking to work are just the icing on the cake, considering a 20-minute bike commute to work just twice a week can add up to roughly 3,000 extra calories burned every month, the equivalent energy of a pound of fat. With no change in dietary intake of calories, that adds up to 12 pounds of weight loss every year. Can you think of a better reason to start biking to work now while the weather allows it?

It’s easy to see that the many benefits of biking make hopping on your bike for exercise a healthy and entertaining option. All combined, the physical and mental benefits to cycling have been associated with an increased life span. Of course any lifestyle that includes regular physical activity and a healthy diet can create the same association. But how many offer the same excitement and fun as a bike trip?

**SAFETY FIRST!**

**Spring Bike Safety Checklist:**
- Inspect your frame for cracks.
- Check that both wheels are not warped.
- Test your brakes in a safe area.
- Clean and oil the chain.
- Check tire pressure.
- Inspect tires for cracks and cuts.
- Check helmet for cracks.
- Always wear it while riding!

**Benefits of Biking**

It’s spring again for those of us living in the Northern Hemisphere. It’s the time of year when the days begin to lengthen, the weather warms up and we dust off our outdoor exercise equipment. If you’re not one of the many people pulling out their bicycles and getting ready for another season of cycling, you may want to consider it. Here are just a few of the benefits that make biking a fun way to stay healthy.
“Any activity that helps you shed stress and leaves you feeling more relaxed afterward is a viable one. The important thing is to find a way that you feel good about and that fits into your lifestyle so you stick with it.”
We live in an age-obsessed culture. The anti-aging industry providing specialized creams and tonics has been around for a very long time. Just because we are no longer searching for the Fountain of Youth doesn’t mean our society isn’t still looking for miracle cures to prevent aging. While we may never find the Fountain of Youth, new scientific discoveries are pinpointing the reasons behind biological aging and giving some people hope that we may be able to fight the process in ways never thought of before.

When people look into a mirror and see new wrinkles, they tend to reach for a new cream or lotion. But cutting-edge science is suggesting they might have better luck fighting the aging process with healthy foods and stress management exercises.

Humans age visibly on the outside because of unseen changes taking place within the body, often at a microscopic, cellular level. Senescence is the name given to the process whereby our cells age and eventually die. That’s right, even our cells age! This process is due largely to the shortening of special structures found at the end of a cell’s chromosomes. Every cell in the human body contains chromosomes, and at the end of every chromosome are specialized structures called telomeres.

When cells divide, a portion of the chromosome-protecting telomere is lost. Some of the telomere can be replaced after each division, but eventually the telomere will become too short and the chromosome will lose its ability to replicate. This is the process whereby cells age and eventually die. It might seem scary to think about our cells dying, but it is a natural process that happens to all cells. Actually, a way to think about age may be to compare the increasing number of older, unhealthy cells with newer younger ones with more “life force.”

Telomeres have been compared to the little plastic tips on shoelaces. Your laces will function fine as long as the plastic tips are intact. But if they wear out and fall off, the laces will begin to unravel and fall apart. While this analogy may seem funny, it’s actually quite accurate. The difference, of course, is that we are able to help regenerate our telomeres in the special class of cells known as “stem cells,” which are the ultimate source of most body cells, whereas once your shoelace tips are worn out, you have to buy new laces.

Because the body can regenerate telomeres in the stem cells and under special conditions to some degree in ordinary cells, another way to think of them is as windup clocks. When you keep a clock wound, it will continue to function accurately. But if you forget to wind it, the clock will slow down and eventually stop. Instead of winding a clock, the body avoids damage to chromosomes by providing the telomerase enzyme, which helps lengthen the telomeres after cell division shortens them, thus the “clock” is wound and they can continue to function.

The role of telomeres and exactly what we can do to support them are relatively new areas of science. They were not even discovered until the 1970s. To put this into perspective, the first early form of aspirin was prescribed in 460 BC (though we didn’t discover how it works to counter inflammation and pain until the 1970s), bacteria were first observed in 1683 AD and the germ theory of disease was first proposed in 1870. One thing we know for sure about telomeres is that we don’t know all there is to know. There is no telling what future discoveries will reveal and how important they will be to our understanding of, and ability to influence, the aging process!
Fusions Red™
Ultra concentrated fruit blend

A Lifeplus favorite, Fusions Red is a perfect combination of science, nature – and a great taste that makes them even more appealing!

Made from a concentrated blend of berries, including Sour Cherry, Pomegranate, Açai and more, the capsules are developed to allow the naturally-occurring phytonutrients of each to remain preserved within, ensuring quality.

Easy to take, great to taste!
Academy of Sciences found that if a man is older when he fathers a child, that child will have longer telomeres. This counterintuitive fact seems to have a multigenerational effect, meaning if your grandfather was older when your father was born and then your father was older when you were born, your telomeres may be even longer! This suggests that if men reproduce at later ages, their children may actually inherit the ability to live longer and reproduce at later ages themselves. Before you decide to put off having children out of hopes they might live longer, understand that older fathers are still more likely than are younger fathers to pass on genetic mutations to their children. As important as they are, telomeres are still just one of many factors involved in healthy aging.

A much more viable method of protecting and lengthening telomeres is to manage stress levels. As telomeres are becoming better understood, scientists are finding that prolonged stress can prematurely shrink the length of telomeres, effectively reducing the life of the cell. Stress can come from jobs, family problems, personal relationships, trauma, diet, drinking excessively, smoking, money issues, lack of exercise and many, many other areas of life. Therefore, stress management activities and practices are even more important than we previously thought.

From exercising at the gym to listening to calming music on the couch to meditation and biofeedback, stress reduction exercises and techniques are varied and vast. Any activity that helps you shed stress and leaves you feeling more relaxed afterward is a viable one. There is no single right way to find stress relief. The important thing is to find a way that you feel good about and that fits into your lifestyle so you stick with it.

"A healthy diet rich in fresh fruits and vegetables will always help provide the nutritional support and antioxidant protection needed to combat stress."

There are some constants that will always help with stress, though. For example, a healthy diet rich in fresh fruits and vegetables will always help provide the nutritional support and antioxidant protection needed to combat stress. It will also provide you with the energy needed to get through a stressful day and still be able to exercise afterward.

Telomeres may well be one of the most important scientific discoveries on aging we see in our lifetime. And although we surely don't know everything there is to know about these structures, we do know that providing the body with nutritional support and stress reduction activities can further help promote healthy aging at a cellular level. One thing for sure is that an area of leading science is discovering more and more about how to protect and even lengthen telomeres with diet, lifestyle and supplementation.
“Reach for positive thoughts and let go of bad ones. Accept negative thoughts and emotions for what they are, but let go of them and replace them with positive thoughts.”
Your happy place is a positive emotional state in which you are focused on the positive thoughts, experiences, people and things in your life. Getting to your happy place may eventually be as easy as taking a few deep breaths or simply conjuring up a favorite memory, but in order to get there regularly, you may need to adjust your current thought patterns and focus. Focus is what it is all about.

The first step to truly finding your happy place is becoming more aware of negative thought patterns when they occur and recognizing triggers. Do you become agitated when you are hungry or grumpy or when you are tired? Do you find that you are more likely to succumb to negativity in the workplace or while driving?

In addition to recognizing your triggers, you must also learn how to monitor your overall mental health. You don’t need to monitor every single thought that goes through your head throughout the day; you simply need to gauge your overall mood. If you are feeling happy and upbeat, you are most likely focused on the positive aspects of your life and therefore in your happy place. However, if you notice that your mood is sour or gloomy, your thoughts are most likely negative.

Focusing on negatives will prevent you from finding your happy place, so you must refocus your mind by stopping negative thought patterns and managing stress triggers.

Reach for positive thoughts and let go of bad ones. Accept negative thoughts and emotions for what they are, but let go of them and replace them with positive thoughts. Of course, this is often easier said than done – especially when you first begin trying to find your happy place. Refocusing these negative thoughts is possible only when you stop fighting that inner battle in your mind. Getting stuck thinking, “I should not have thought this” or “Why did I say that?” is a poisonous thought pattern. When you spend most of your time doing this, you won’t have any time left to feel good in your happy place.

Finding your happy place is a little easier if you can remove negative influences from your life. If you’ve read this far, you have probably already thought about your negative thought triggers. Have you also thought about forces in your life that foster more specific negative thinking? For example, friends who spend much of their time complaining will often pull your focus into that same negative thought pattern. Surrounding yourself with positive-minded people can do wonders in helping you find and stay in your happy place. People who smile a lot provide a good clue to their internal state. Simply engaging in the act of smiling yourself can often shift your mood.

Finding your happy place may not come easily at first. Expect and accept that your negative thought patterns will not vanish overnight. As you begin to find your happy place, getting there will become easier and easier because positive thoughts attract more positive thoughts.

Spending time in your happy place will allow you to see new opportunities, overcome more challenges and attract ever-greater positive people and experiences into your life.

Without the right focus, succumbing to negative feelings can feel far easier than finding peace and happiness can. Learning how to banish negative thoughts in order to find your happy place can lead to a more joyful life.
“Galactose, a sugar that is found in milk (lactose is glucose and galactose bound together), can be used by the body in several very important ways. Galactose has been referred to as brain sugar because it aids in vital information and control processes in the human body.”
Unfortunately, over the past several decades some very important aspects of nutrition and wellness have been oversimplified. This happens for a variety of reasons. Sometimes information is simplified in order to present important information in ways that everybody can understand. Other times, nutritional information is purposefully manipulated by food manufacturers that want their products to appear as healthier options than they actually are. And sometimes generalizations are made before scientists fully understand the nutrient in question. No matter what the reason, because nutrition is such a complex topic, too many generalizations can cause even the most health-conscious person to make unhealthy choices.

One of the most prevalent and potentially unhealthy generalizations in nutrition is that all fats are bad. The dieting industry may be the biggest culprit in oversimplifying the role of fat in the diet. Many people believe that all fat is bad and it should be avoided. This is not the case. There are many different kinds of fats, and some of them have a very important role in a healthy body. Some fats, such as omega-3 fatty acids, are absolutely vital for wellness. But because of the way fat has been characterized and simplified over the years, people believe they should avoid all fats. Or worse yet, they don’t even realize there are different kinds of fats.

Another area that has been oversimplified is sugar. While certainly it is true that many Western diets today contain more sugar than is healthy, it is also true that not all sugars are equal. Some are far worse for the body than others, and some actually possess beneficial qualities.

Western diets tend to be filled with refined sugars that offer little or no nutritional value beyond the energy they provide; consume vital vitamins and minerals in their metabolism; and often raise insulin levels, which leads to fat storage, which creates insulin resistance – the start of a “vicious cycle.”

However, just like we now know about fats, not all sugars are equal and not all are bad for you. For example galactose, a sugar that is found in milk (lactose is glucose and galactose bound together), can be used by the body in several very important ways. Galactose has been referred to as brain sugar because it aids in vital information and control processes in the human body. It can also enter brain cells without requiring insulin and, once inside the cell, can be converted to glucose, to use for energy. It is also present in structural substance for cells, such as cell walls and intracellular matrix.

Preliminary research has even suggested that galactose may have a positive effect on certain kidney disorders. Although more research is needed to confirm this, it does appear that galactose has a much healthier effect on the body than simple table sugar has.

Another intelligent sugar is ribose. Far from anything used in baking cakes or making candies, ribose is a sugar with a history of beneficial uses. It has been used to help boost muscle energy in athletes, improve symptoms of chronic fatigue syndrome and boost exercise ability in people with McArdle’s disease (an inherited muscle disease).

Yet another intelligent sugar is trehalose. Until very recently, extracting trehalose has been a difficult and costly process. However, a newly discovered method may mean trehalose will soon find a place as a healthier sugar ingredient, which may be good news for diabetics. Trehalose tastes closer to the refined sugar we are familiar with than many other intelligent sugars do but has a very low effect on blood glucose levels. This can be useful for diabetics who crave a sweet treat.

These are just a few of the intelligent sugars we know about. But it is clear that not all sugars are equal. While there are forms that should be avoided, there are also forms that have important places in a healthy diet.
Feature Article

“Open your mind to new ideas and beliefs and there is no telling what great piece of information you might learn. And even more important, if you believe in yourself and your capabilities, you will become your own best resource in many areas of life.”
Believe it or not, your very thoughts can play a huge role in your health. Every day, we have thousands upon thousands of thoughts. Some come and go in an instant, some we dwell on for a few minutes, and yet others we are completely unaware of. We often ask ourselves, “Where do some of those thoughts come from? That wasn’t me.” The fact is that neuroscience has no idea where thoughts “come from.”

Because so many thoughts come and go throughout the day, the key to healthy thinking is paying attention to your overall emotions rather than to every single thought. Ask yourself, “Am I feeling good this afternoon (having positive thoughts) or am I feeling bad this afternoon (having negative thoughts)?” Once you get used to paying attention to your overall feelings, you will quickly realize whether you are having predominantly positive or negative thoughts.

Focusing on negative thoughts and ruminating on the things you wish you wouldn’t have done will only attract more negative experiences into your life. Here’s an example you may be somewhat familiar with. If you are exercising and all you think about is how tired you are and how much you would rather be doing something else, then there is a good chance you will stop exercising early. If you cut your routine short, you may then feel bad about yourself, which can lead to even more negative thoughts and actions. Soon the negativity in your life will be pulling you in many bad directions.

However, if you focus instead on knowing how good you feel after your exercise routine is over or how proud of yourself you are, then you are much more likely to continue exercising. If you are a chronic negative thinker and you make the switch to positive thought patterns, you may find your exercise routines suddenly expanded to lengths you never thought possible! The right focus in life will make a huge difference.

This concept doesn’t stop at the gym door. Refocusing your thoughts to be aligned with positive emotions and experiences will help attract even more healthy and happy things, people and thoughts into your life. One of the greatest effects of paying attention to your thoughts via your feelings is that it tends to attract like-minded positive people into your life. These new friendships have many benefits on your health and happiness. From workout partners to support when times are hard to possible new business partners – having positive-focused people in your life is a major advantage on the road to wellness.

Even more important than thoughts are beliefs. Believing in the right things can drastically impact your wellness. Do you believe you are going to be a happy, healthy person? Or do you believe you shouldn’t even try to eat healthy because you’re just going to fail the next time you see a slice of cake? Do you believe that relaxation techniques are good for your well-being, or do you believe that everything that isn’t seen as a mainstream workout activity isn’t worth trying? Open your mind to new ideas and beliefs and there is no telling what great piece of information you might learn. And even more important, if you believe in yourself and your capabilities, you will become your own best resource in many areas of life.

Ask nearly anyone who is truly interested in health and wellness what the key to living a longer, healthier life is and you’re sure to hear some combination of diet and exercise. Different sources will recommend slightly different regimens, but almost every answer will include healthy diet and regular exercise. While these are two incredibly important aspects of healthy living, they are not enough on their own to truly live a happier, healthier life. It isn’t until we move beyond thinking only about diet and exercise that we can take care of our whole selves.
OMEGOLD®
Omega-3 fish oil capsules rich in DHA and EPA

Omega-3 oils represent a great solution for supporting some of the most important body functions. EPA and DHA Omega-3 fatty acids will aid and contribute to normal cardiac and cognitive function, as well as vision. Not only this, OmeGold capsules contain Vitamin D, which supports immune function and Vitamin E, which is shown to help protect cells from oxidative damage. This blend helps support total well-being for the whole family, providing an easy method of including high-quality Omega-3 fatty acids in the everyday diet.
Moving beyond just diet and exercise will also take you into thinking about how your behavior influences your health and happiness. Nearly every day the decisions you make and the actions you take influence the way your life is heading. Making positive, healthy decisions will move your life in a positive manner. Making negative, poor decisions will shift your life in an unhealthy way.

Behaving in a healthy manner means taking responsibility for your actions, thinking before you act and considering how everything you do will impact not just you but also the people around you. Just as having a positive mental focus can attract more positive people into your life, behaving in a healthy manner will attract more responsible, healthy people into your life. And the opposite is true too. Unhealthy behavior and poor decisions will attract people into your life who will encourage you to continue down your less-than-healthy path.

What exactly is healthy behavior? It can be any action or decision you make that positively influences your life. Positive behavior can be something as small as deciding not to watch television right before bed, so you will fall asleep easier. Or it can be as life changing as deciding to quit your job and start a new life because you know you’re unhappy with your current situation.

Positive behavior doesn’t require you to be aware of every single decision you make during the day. Spend a few minutes at the end of the day reflecting on all the decisions you made and how they impacted you and those around you. Do this for a few weeks and you will begin to see a behavioral pattern. Then it’s up to you to steer your life in the best direction possible.

Moving beyond focusing simply on diet and exercise and incorporating healthy thoughts, beliefs and behaviors into your wellness regimen can add years of health and happiness to your life.

“Just as having a positive mental focus can attract more positive people into your life, behaving in a healthy manner will attract more responsible, healthy people into your life.”
Herbs & Supplements
Both pine bark extract and grape seed extract are rich sources of antioxidants – though you’d have to eat a lot of rather unappetizing bark and seeds to get enough of the valuable compounds they contain. With just a little bit of research, it’s possible to find a trail of information dating back over 60 years that explains why these extracts are as beneficial as they are.

In the late 1940s a professor at the University of Bordeaux, in southern France, Professor Dr. Jack Masquelier made a groundbreaking nutritional discovery. He was the first person to discover oligomeric proanthocyanidins, or what would eventually become known more commonly as Real OPCs. Interestingly, this group of unique compounds was colorless, so for decades researchers did not realize they were present. These super-strong antioxidants are 100 percent bioavailable, and when extracted according to Dr. Masquelier’s patented methods, their concentrate is 100 percent residue free. Over 60 years later they remain the strongest, most important class of antioxidants ever discovered.

In terms of antioxidant capabilities, OPCs are more potent than vitamin C and vitamin E. And yet, vitamin C and vitamin E remained better known for their antioxidant properties until recent years. More-current research has demonstrated the unique ability of the OPCs with their internal network of individual antioxidant molecules to be superior in many ways. They do not get “used up” or oxidized so quickly in the body.

OPCs can be found in hundreds of plants, but they tend to be found in the highest concentrations in the fibrous parts of the plants. And this is why pine bark and grape seeds have become such great sources of OPCs. While this seems like a lot, it would require even larger quantities of most other plant sources, and before the advent of OPC extraction, these were largely waste by-products of grape and pine timber harvesting.

In fact, researchers believe that it is the strong concentration of these OPC antioxidants found in grape seeds that is largely responsible for the well-known French Paradox. The so-called French Paradox can be described this way: since French diets tend to be relatively heavy in fats and oils and the French smoke a lot, why do these people have an incidence of heart disease about half that of Americans? At least one reason is thought to be that the French diets also tend to contain larger amounts of red wine than do diets of other cultures. Of course, red wine is especially high in OPCs, because the seeds and skins are included in the fermentation, unlike with white wines. Drinking red wine therefore may offer antioxidant protection as part of the French diet.

The antioxidants in pine bark, grape seeds and other fibrous parts of over 600 different plants are used by the body to help combat free radicals. There is a startlingly long list of conditions that were once thought to be a result of aging but are now known to be initiated by oxidative stress from free radical attacks on the trillions of cells in our bodies. Since free radicals can attack any part of our bodies, including our DNA – the very blueprint of who we are – it is vital to supply the body with antioxidant protection. Free radicals tend to exert their damage as we age. It is believed by many in the scientific community that ensuring adequate consumption of dietary antioxidants via food and supplements can have a beneficial effect over one’s lifetime.

Pine bark and grape seed extract, as well as foods containing them, are not the only good sources of antioxidants. Other fibrous plant foods such as cocoa beans are too (as is the chocolate produced from them). Actually, nearly every fruit and vegetable on the planet contains some amount of antioxidants. However, fibrous pine bark and grape seeds are two of the most abundant sources and therefore deserve the reputation that they have earned.
The importance of oral health is often overlooked by many people. How often do you stop and consider your oral health, even while brushing your teeth? It’s a topic that many people really only think about once or twice a year at the dentist’s office.

Paying attention to the health of your gums and teeth often offers an essential insight into your overall health. For example, if you have strong, white teeth and healthy gums, most likely you have good overall health as well. On the other hand, if your teeth are yellowed and gums bleed easily, you are more likely to also have other health problems. Research has even shown that good oral health may actually help to protect the body from certain illnesses.

Nearly everyone knows that brushing and flossing are critical for healthy teeth and gums. But not everyone realizes that a healthy diet is important for oral health too. In fact, a healthy diet is probably one of the most overlooked yet vitally important aspects of strong teeth and a bright smile.

Sources of dairy-based foods such as milk, yogurt, kefir and cheeses provide the body with vitamin D3 and calcium, a mineral required for strong, healthy teeth. It’s especially important for children to consume adequate amounts of calcium as their teeth and bones are developing. However, it is equally important for them to brush their teeth after every glass of milk in order to avoid cavities. Milk is full of natural sugars, especially lactose, which can feed acid-forming bacteria that can attack teeth. Many people are also lactose intolerant and/or sensitive to dairy products and should avoid them if this is the case. Dark green leafy vegetables are also an excellent source of calcium. Manufactured drinks such as sodas and sports drinks have far more sugar as well as corrosive acids in them and should be avoided in most cases.

Vitamin D is an important nutrient for healthy teeth. Many cereals and dairy products are fortified with calcium and vitamin D for this exact reason. However, to greatly increase the effectiveness of calcium and vitamin D, synergistic minerals need to be included in the diet as well. Magnesium, zinc, copper, manganese and boron are all involved in the health of our teeth and bones. When all these nutrients are eaten at the same time, they are able to work together. To help ensure this happens, eat a wide variety of fresh fruits, vegetables and dairy products at every meal.

For a bright smile and cavity-free mouth, you also need to know which foods to keep off your plate. Avoiding sugary drinks is easy if you make milk and water a priority in your house. Acidic sodas can wear away the protective enamel on your teeth, making them more sensitive and prone to cavities. Candy and junk foods are loaded with cavity-creating sugars and should not be allowed on a regular basis. Dark chocolate is the one exception to this rule – despite its sugar content, the high polyphenol content from the cacao bean actually contributes tooth-protective properties. However, brushing after ingestion of any sweet foods is a good practice to develop.

Other sugar-containing foods are harder to spot. For example, many fruits, cereals and breads and some vegetables contain sugars and starches that can be harmful to your teeth. Lemons, oranges and other acidic citrus fruits can also raise acid levels in the mouth, disrupting pH levels and ultimately causing an increase in harmful mouth bacteria. Even the healthiest foods can contain cavity-causing sugars, acids and starches; this is why brushing at least twice a day is so important. The most important time to brush is actually after eating and even more so at bedtime. If it is not convenient to brush, simply swishing clean water in your mouth a few times will be a big help. Eating an apple after a meal, because of its high pectin and low acid content, is also a good mouth-cleansing strategy.

Many dentists recommend brushing after every meal and snack. Even a small healthy snack will leave trace amounts of food in your mouth. Brushing, flossing and rinsing will remove this decaying matter and help ensure the health of your teeth.

Eating a healthy diet and practicing good dental hygiene habits are the best ways to help ensure you have a healthy, vibrant smile for life.

Tips for Healthy Teeth:
Drink plenty of pure water.
Eat a variety of fresh fruits and vegetables. Include dairy products in your diet if you are not sensitive to them.
Limit sugary snacks and drinks.
Brush regularly, including after meals whenever possible.
Floss daily (optimally, morning and night).
**Surprising Ways to Boost Your Brain**

In many ways the human brain is like every other part of the body; it needs to be fed and exercised or it can atrophy. Here are a few surprising ways to not only keep your brain healthy but also boost it in ways you may never have thought possible.

**Work on ambidexterity** – Using your nondominant hand to write, brush your teeth, comb your hair, use the computer mouse, eat your food and open doors will make your brain work harder and give it a good workout. That is, if you are right-handed, focus on using your left hand for all kinds of things, or vice versa. Research recently done by neuroscientists at Harvard University has shown that this kind of activity actually creates new connections between nerve cells in the brain.

**Go fishing** – Including plenty of fresh cold-water fish in your diet will ensure your brain is receiving enough of the omega-3 fatty acids it needs for optimum health. Be sure to find out if there is significant environmental contamination in stream-, river- or lake-caught fish, which in some areas may be very high in mercury and/or other dangerous environmental contaminants.

**Look for ways to use common objects differently** – Flex your creativity muscles by trying to be creative around the house. Find new uses for empty jars, old hangers and other everyday objects.

**Embrace the arts** – Draw, paint, sculpt, play music and embrace your inner artist to give your brain an artistic workout that will help keep you younger longer and boost your mood.

**Learn a foreign language** – Studies have shown that immersing yourself in a foreign language can actually rewire your brain.

**Eat more nuts** – Almonds contain phenylalanine, an amino acid that can do wonders for your mental and neurological health. Pecans and peanuts contain the brain-boosting nutrient choline. Cashews are rich in magnesium, which opens blood vessels and boosts blood flow to your brain.

**Visit a museum** – Museums and art galleries are full of new information waiting for you to experience in order to stimulate your brain.

**Buy an ugly piece of art** – Hanging a piece of art in your home that disturbs you will stimulate your senses in thought-provoking, brain-boosting ways.

**Manage stress better** – Too much stress takes a physical toll on all areas of your body, including your brain. Finding ways to manage stress may help protect your mental faculties.

**Spend time with smart people** – Interacting with people who are intelligent will foster creativity and stimulate your brain. You may even find the new ideas stemming from these relationships make your life better in other areas as well.

**Help your children with their homework** – When was the last time you solved an algebra problem or wrote a short essay? These mental challenges provide wonderful exercise for your brain.

**Play a game** – Playing chess, bridge, backgammon and other strategy games has the same effect on your brain that lifting weights has on your muscles. Playing games also involves social interaction, which is a great mood booster.

**Eat a handful of berries** – Berries are high in antioxidants that can help protect your brain from the damages of free radical attacks.

**Make new friends** – Staying socially connected is vital for maintaining a positive mood and healthy outlook on life. The more new friends you have, the more chances you will have to find yourself in social situations. If you are getting older and notice that many of your friends are dying, make an effort to make younger friends, so that your social network doesn’t disappear if you outlive many of your friends from youth.

**Engage in lifelong learning** – Committing yourself to a life of constantly finding new and interesting information is one of the absolute best ways you can help preserve and promote healthy cognitive abilities long into life.

**Volunteer and mentor** – Research has shown that altruistic activities stimulate production of many of the same brain chemicals as recreational drugs – without any toxicity.
One of the most significant hidden changes of aging is the shortening of the telomeres, the end portion of each of the “arms” of our chromosomes, the very essence of our existence. These structures on the end of our chromosomes prevent chromosomes from fusing to each other or losing important base pairs of DNA sequences at their ends during cell replication. Simply put, telomeres are protective buffers at the end of our chromosomes. Every time a cell divides, a small amount of the telomere is lost. Over time it will become shorter and shorter until it completely disappears and the chromosome is no longer able to replicate. At this point the cell has become “old” and it will die – under ideal circumstances. When cells with what are termed “critically short telomeres” fail to die but go on dividing, chromosomes can fuse together, then break apart in abnormal configurations – a common finding in cancer cells. The percentage of white blood cells with critically short telomeres has been found to be strongly associated with cancer risk.

The body can protect and even replenish telomeres on its own, if it has all the nutrients and proper conditions are available. However, new research has found that living a high-stress life prematurely shortens telomeres, causing early signs of aging. This is just the latest of a long list of reasons it is important to live a healthy lifestyle in order to achieve healthy aging.

Managing stress levels helps protect your telomeres not only from premature shortening but also from other stress-induced issues such as developing an increased risk of heart disease or cancer. As a result, many doctors are now emphasizing the importance of stress management techniques as an important part of a healthy lifestyle. Taking advantage of exercise, meditation, friendships, work/home boundaries and any other stress-busting activity will contribute to healthy aging.

A lifestyle that promotes healthy aging is one that utilizes good nutrition, regular exercise, positive attitude, proper focus, good friends and more. No one aspect of a healthy lifestyle is more important than any other aspect, because they must all work together in order to maximize the impact on aging.

As the aging process takes place, from infancy to old age, we must change and adapt our lifestyle to fit our body’s changing needs. And it’s not enough to change and adapt just one area of your life. The body is a complex organism with many requirements that change over time. The amount of exercise, caloric intake, mental stimulus and relaxation time all change during various phases of life.

Get to know your body and understand its needs in order to better adjust when the time comes. Take notice of how your body is changing, and try to think about what prompts those changes. You may see that as you age, you need to ingest fewer calories every day to maintain healthy weight. This is because the body’s metabolism tends to slow down with age. Another common change that nearly everyone experiences is a slow reduction in muscle mass with age. This will happen to everyone unless a healthy fitness routine to counteract muscle cell loss, a condition known as sarcopenia, is adopted.

Changing lifestyles are a part of human existence. The choices you make today will affect the ones you make tomorrow. Similarly, the changes taking place in your body at your current age will affect the changes that take place during your next phase of life. Living a lifestyle that includes a healthy diet, targeted nutritional supplementation, regular physical activity, stress management techniques, mental health exercises and social wellness activities will help make sure that the changes your body undergoes are as healthy as possible. And adapting all these activities to your body’s current needs will help even more.

If you adjust your lifestyle to take care of your mental, physical and nutritional needs, the second half of your life can be as enjoyable as you want it to be. If you take the right steps, the aging process will be a healthy one that is full of friendship, mentoring and happiness. What we want to achieve a “health span” that is as close to our total life span as possible.

No matter how you may have lived your life up to this point, it is never too late to adopt a healthy lifestyle in order to promote healthy aging. Making the decision to live healthier today will make the aging process easier tomorrow. It’s never too late to start practicing the Art of Growing Young!
True confidence in one’s self grows out of a sense of competence and your own belief that you are capable and able. Therefore children do not become self-confident just from hearing their parents tell them how wonderful they are in general ways. They must experience specific achievements, both big and small, to become truly self-confident. The difference between telling your children that they are great kids and telling them that you are proud of the way they keep their rooms clean is an important one. Of course, any encouragement from a parent will be good, but the praise will mean more to your children if they can associate it with a concrete action they performed.

Regardless of whether you believe confidence comes from praising results or encouraging effort, every child needs to feel loved and encouraged by his or her parents. Stay involved with your child’s activities. “You can do it,” “I believe in you,” “I’m proud of your efforts” and similar phrases of encouragement should be commonly heard in your home. A child who feels supported by his or her parents will be much more likely to grow up into a confident adult.

No matter how much encouragement you give, there will be times when your children fail. This is a fact of life. The importance of showing your children how to deal with failure in a constructive manner cannot be emphasized enough. Try to teach your child that everyone makes mistakes throughout life. How we deal with those mistakes afterward is what defines us. Instead of yelling at your son if he spills some juice, show him how to clean up the mess – see it as a teaching opportunity instead of an annoyance. This will teach him that he is capable of taking control of a situation. Yelling at your child will make him feel scared that he might mess up again, whereas knowing that he can fix a mistake will boost his self-confidence. If children understand that mistakes and accidents are not the end of the world, they will not be afraid to try new things simply because they are scared of failure.

Another way to help build confidence in your children is to show them trust. If your daughter says she wants to help by walking the dog, trust her to do so. Don’t constantly issue orders or grab at the leash. Tell her that you trust her to do a great job walking the dog, and let her do it herself. This may sound like a small task, but any opportunity that allows you to show you trust your children and their abilities will pay off with a boost to their confidence.

Blows to a child’s growing self-confidence can come from harsh criticism, constantly questioning their abilities, discouraging exploration, comparing them to other children and not letting them celebrate achievements. Try to avoid these behaviors. Parents who encourage expression and exploration, reward achievement with praise and deal with mistakes in a constructive manner will raise self-confident kids who grow into healthy, prosperous adults.
Phase’oLean® Forte
Phase’oMine

Protein extract from legumes

Designed to be taken with meals that contain pasta or potato. Suitable for vegetarians.

Only available in the US

© 2013 Lifeplus International

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Food supplements should not be used as a substitute for a diversified diet.
What is a telomere?
Telomeres are structures located on the ends of our chromosomes that prevent chromosomes from fusing to each other or losing important base pairs of DNA sequences at their ends. Essentially, you can think of telomeres as protective buffers at the ends of your chromosomes. Every time a cell divides, a small amount of the telomere is lost. While it is possible to regain some of the lost telomere, when it becomes too short, the chromosome is no longer able to replicate. At this point the cell has become “old” and it will die. The body uses multiple methods to replenish telomeres. However, cutting-edge research suggests that a high-stress lifestyle can prematurely shorten them, effectively creating early signs of aging. This is yet another reason it is important to live a healthy lifestyle that includes stress management activities such as exercise, meditation, friendship, work/home boundaries and anything else that helps control your stress levels.

Is it true that I should drink a glass of water before eating a meal?
Drinking a pint or more of fresh, pure water, ideally about 30 minutes before eating a meal is indeed a healthy habit. A glass of water in your stomach before eating produces many physiological advantages by supplying the extra fluids to the blood volume needed for an efficient digestive process. Additionally, the water will enhance intestinal motility, through the stimulated release of a whole spectrum of intestinal hormones, including motilin, gastrin, pancreatic polypeptide and vasoactive intestinal peptide. Simply put, your digestive system will work better. Conversely, consuming beverages with and/or after your meals tends to dilute your digestive secretions, making digestion LESS effective – so timing is important. As an added benefit, a better-functioning digestive system can turn around a variety of chronic digestive problems, particularly gastro-esophageal reflux (heartburn). Don’t forget that water in your stomach can displace the amount of food you eat, effectively acting as a calorie-control mechanism. Simply drinking one glass of water before a meal has so many benefits that there is no reason not to make it a habit.

Is there anything I can do to protect my brain health?
The human body is a complex organism, and every specific part of it has individual needs to maintain optimum health – the brain is no different. There are several good practices for brain health. The first is simply to give your brain a workout every day. This can be as easy as doing a crossword puzzle or as complex as solving advanced mathematical formulae. In some ways your brain is quite similar to your muscles. The more weights you lift, the stronger your muscles will be. The more challenges you use your brain to solve, the healthier it will be. Also important is to stay socially engaged and avoid falling into too many routines. Driving the same route to work every day puts your brain on autopilot. However, finding a slightly different route every week will keep it stimulated. Of course you can eat a brain-healthy diet as well. This means eating lots of small cold-water fish such as salmon, sardines, herring and mackerel (large fish such as tuna or swordfish bio-accumulate more mercury, PCBs and other environmental toxins). These fish are rich in the specific omega-3 fatty acid DHA. A large portion of your brain (and nerve tissue) is composed of DHA, so it only makes sense to include as much of it in your diet as possible. And don’t forget that fresh fruits and vegetables will supply your entire body with the antioxidants it needs for protection against free radical attacks, to which your brain is especially sensitive.
Daily BioBasics™

Our nutritional powerhouse; a potent balance of essential important nutrients to provide targeted support to overall health.

Daily BioBasics™ nutritional drink provides a refined combination of ingredients to support you in staying at your physical and mental best. Packed with a truly expansive selection of vitamins, minerals, herbal extracts and fiber, our innovative and proprietary blending process ensures optimal product performance with every serving.

© 2013 Lifeplus International

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Food supplements should not be used as a substitute for a diversified diet.