

the art of growing young[®]

MAY/JUNE 2013

The Art of the Warm-Up

PAGE 6



Spring Cleaning
PAGE 12

Evening Primrose Oil
PAGE 20

Kids and Sleep
PAGE 26



Contents

- 4 From the Editor
- 5 Nutritional News
- Fitness**
- 6 The Art of the Warm-Up
- Lifestyle**
- 12 Spring Cleaning
- Nutrition**
- 14 Foods to Keep You Young
- Herbs & Supplements**
- 20 Evening Primrose Oil
- Family Health**
- 22 Nutrition for an Aging Brain
- 24 Prostate Health
- 26 Kids and Sleep
- 28 Maintaining a Healthy Urinary Tract
- 31 Ask the Expert



Features

- 8 What Is Gluten?
- 16 Oil-Soluble Vitamins

Healthy Doesn't Just Mean You Don't Need to Visit a Doctor Tomorrow



"If you take the time to discover the healthy foods you love to eat and the physical activities that you enjoy doing, you will become more vibrant, have more energy and begin appreciating life much more."

Our society tends to measure health by comparing it to how "bad" we feel. In other words, "I'm not sick, so I must be healthy."

In some ways this is true. But if you view health only as the absence of disease, you will never be as healthy as you could be.

Being truly healthy should mean much more than simply not being sick. To be truly healthy means your body is performing well, your mind is sharp, your moods are mostly good, your thoughts tend to be focused on the positive aspects of life, you have positive-minded friends and even more.

When you start to include these other aspects in your personal definition of healthy, you can quickly see that it takes far more to be truly healthy than simply being in a state that doesn't require a trip to the doctor. When we are truly healthy we feel good physically and mentally; we are happy with our current social well-being and are able to fully enjoy life.

To reach this level of health you must live a reasonably healthy lifestyle and be willing to incorporate some positive activities, ideas and influences into all aspects of your life. Unfortunately, for many people, just the idea of a healthy lifestyle conjures nothing but negative feelings. For these people, a healthy diet sounds bland and flavorless and a healthy lifestyle makes them think of hours spent sweating in a gym.

In reality, a healthy lifestyle can be one that is filled with delicious foods, exciting adventures, engaging people and wonderful experiences that promote good health. For this reason a truly healthy lifestyle will be one in which you do things that make you feel good. To put it as simply as I can, if you loathe running but enjoy swimming, your lifestyle should include more swimming than running as exercise. It's that simple. We find the healthy activities and foods we enjoy and then include more of them in our lives.

Over the years, I have found much joy in watching people discover truly healthy lifestyles that they enjoy. I guarantee that if you take the time to discover the healthy foods you love to eat and the physical activities that you enjoy doing, you will become more vibrant, have more energy and begin appreciating life much more.

Dwight L. McKee M.D.

Healthy fats

Start the day off right by including a little healthy fat in your breakfast. Healthy fats, such as those found in avocados, fish, walnuts and peanut butter, consumed for breakfast can help tell your body to burn fat all day. This reaction can in turn help shrink your waistline and reduce your risk for developing heart disease. But don't make the common mistake of combining sugar with that healthy fat – sugar stimulates the hormone insulin, which tells the body to store that fat instead of burning it for energy.



Having trouble sticking to your exercise routine?

Try making it a morning ritual. Studies have shown that people who exercise in the morning are much more likely to continue the habit than people who try to work out in the afternoon or evening. If that's not enough to spur you into putting your running shoes on early, research has shown that people who work out at 7:00 a.m. enjoy better sleep than late-day exercisers.



Osteoarthritis

People dealing with osteoarthritis may find some relief in a healthy diet. Various studies have shown that many nutrients associated with a healthy diet may be beneficial for supporting bone and joint health. For example, studies suggest vitamin C supports the production and maintenance of cartilage throughout the body, especially in joints. Also, the omega-3 fatty acids are known to support healthy joint function and help the body handle inflammation in a healthy way.



Lower heart disease

Protect your heart by staying active. New studies have shown that people who spend their free time engaging in physical activities have a lower risk of heart disease than people who spend their free time on the couch in front of the television. Just two hours of leisure time a week spent hiking, bike riding or jogging may reduce your risk of developing heart disease risk by about 60 percent.

Surround yourself with good friends

Another interesting point is that if you want to age in a healthy manner, be sure to surround yourself with good friends. Research has shown that socializing regularly with good friends can actually reduce your chances of developing memory loss by up to 50 percent. If your friends are focused on the positive aspects of life, they may also help you attract even more positive people and experiences into your life, which can lead to innumerable health benefits.



Fitness



The Art of the Warm-Up

Before you hop on your bike or set off down your favorite running path, consider a warm-up routine. It may add a few minutes to your overall workout time, but warming up properly can help you stay healthier and perform better. This will give you a better overall positive effect from your exercise.

A warm-up does exactly what it sounds like; it literally warms your body in preparation for more strenuous aerobic activity. Walking for five or 10 minutes before a long run or swimming a few casual laps before diving into a more aerobic swim routine will help gradually ramp up your cardiovascular system, increase muscle temperature, dilate blood vessels, release hormones and put you into the proper mental state.

One of the most important benefits of warming up is an increase in muscle temperature. When muscles are warm, they both contract more forcefully and relax more quickly. This reduces the probability of pulling a muscle and even helps enhance speed and strength. Similarly, warming up helps improve the range of motion of your joints. Once you begin your actual exercise routine you will have the flexibility needed to perform at peak levels.

Warming up also prepares your cardiovascular system for a harder workout. Your blood vessels begin to dilate, which allows faster blood flow and reduces stress on the heart so your breathing will become more efficient.

During a workout, your body releases many different hormones in order to adapt to the sudden change in energy needs. Spending

a few minutes warming up will help your body get into this state beforehand so that once you truly begin working out your body will be prepared.

Warming up is good for mental health as well because it allows you to get into the right frame of mind. Spend a few minutes warming up before your workout, to clear your mind, focus on goals and prepare your strategy. Ten minutes spent on positive thoughts before a workout can have a major impact in how long your workout lasts and how much intensity you are able to sustain throughout.

the major muscle groups used in your primary exercise. Warm-ups are done with mild intensity but will leave you feeling warm and sweating mildly but not fatigued.

A few good examples of warm-up activities include five to 10 minutes of briskly paced walking, jumping jacks, squats, lunges, arm circles and skipping. The best warm-up activities for you will be those that utilize the major muscle groups required in your exercise routine.

In some cases simply performing a slower, less strenuous version of your preferred exercise is a perfect warm-up activity. For example, if you ride your bike for exercise, a good warm-up activity would be to take several slow laps around the block before setting off on your more intense bike ride. Football players may find a few minutes spent doing drills at a moderate pace will prepare them for the game.

While not everyone agrees that warm-ups are necessary to improve your exercise benefits, they pose no health risk and can help avoid some injuries associated with jumping into a harder workout, so if you have the time, consider adding a warm-up to your regular schedule. ●

SIMPLE WARM-UP IDEAS	
Type of Exercise	Warm-Up Activity
Running	Five to 10 minutes of brisk walking
Jogging	Five to 10 minutes of slow walking
Swimming	Several slow laps using varied strokes
Strength Training	Lifting motions without weights
Cycling	Two slow laps around the block

There is no one right way to warm up before exercise. It will vary from person to person and exercise to exercise. However, in general a good warm-up will happen right before your primary exercise. It should allow your entire body to be active but also focus on

Feature Article



What Is Gluten?

Have you ever wondered what makes bread dough elastic and even what holds it together? Why ketchup is so thick? Or what gives a meat substitute made from grain its distinctive texture? The answer to all three of these questions is gluten. Gluten is a protein composite found in wheat, rye, barley, oats, corn, and foods containing these grains or extracts of them. It's in some processed foods, such as ketchup and ice cream, where one might not expect to find it and may even be found in cosmetics and hair products.

Gluten has received a negative reputation in the past several years as more and more people have adopted gluten-free diets in order to avoid certain health issues associated with wheat and other food containing grain. Certainly, for some people, eliminating gluten from their diet can be a life-changing benefit. People with celiac disease are one group. But is it a healthy choice for everyone? To answer that question, you must first understand exactly what gluten is.

Gluten proteins are contained within the endosperm of grass-related grains such as wheat, barley, rye, spelt and faro; corn and oats also contain gluten, but it is of a sort that fewer people seem to be sensitive to. Gluten is insoluble in water and rich in protein – it is really nothing more than a combination of proteins. Gluten is used around the world as a meat substitute, especially in Asian countries. It is also used as an additive in many processed foods to boost their protein content and to improve the appearance, texture and even taste of products.

Around the world, one of the most popular uses for gluten is in baking. Glutens are included in bread dough when water is added and kneading begins. It is responsible for giving dough its consistency. The more bread dough is kneaded, the more gluten will develop and the more elastic the dough will become.

Bakers know that more gluten is not always a good thing for their final product. That's

why different flours contain different amounts of this protein. A pastry chef will use a low-protein flour to create a tender dough. On the other hand, a bread baker may want a high-protein flour to create a denser loaf with more body to it.

Most people who avoid gluten do so because they suffer from gluten intolerance, which is a blanket term that covers two distinct issues: gluten sensitivity and celiac disease. Some estimates suggest that up to 10 percent of people have some form of sensitivity. Studies have suggested that gluten sensitivity may have increased up to fivefold in many populations over the last 30 years, though no one is sure why this has been happening. However, because gluten intolerance can be hard to diagnose, many people may not even be aware of the problem. We know from studies of specimens from blood banks (done at Stanford University in California) that one in 130 people has celiac disease (the most severe form of gluten sensitivity), yet 90 percent remain undiagnosed. Certain diseases, including neurological, autoimmune and malignant diseases, have been shown to be associated with much higher levels of celiac disease.

Gluten intolerance generally means that a person's body produces an abnormal immune response when gluten is ingested. Both gluten intolerance and celiac disease result in uncomfortable symptoms after eating wheat or other grains containing gluten. These symptoms can vary all the way from

simple skin conditions to fatigue, digestive discomfort including loose stools, headaches and many others. Genuine celiac disease produces even more symptoms with greater intensity, all the way to immune suppression and osteoporosis. Celiac disease can cause inflammation and damage in the small intestine, uncomfortable bloating, weight loss, fatigue and headaches. Each ingestion of gluten causes an immunological reaction that wipes out the tiny structures responsible for absorbing micronutrients from the diet – hence creating long-term and serious micronutrient deficiencies.

The only way for a person with celiac disease to avoid these problems is to adopt a gluten-free diet. This is sometimes easier said than done, because gluten has a tendency to show up in unexpected places on your dinner plate (such as in ketchup and soy sauce, for example). Adopting a gluten-free diet requires an understanding of what gluten is, the knowledge of where it can be found and the patience to carefully read food labels.

Fortunately, finding alternatives to popular grains is much easier than it used to be. Two of the most popular alternatives are amaranth and quinoa. Amaranth has been growing in popularity since the 1970s, when wild varieties were first taken from Mexico and grown commercially in the United States as a wheat replacement. Now amaranth can be found in many specialty and health food stores, as it is an excellent source of

Forever Young

Advanced Performance Skin Care

Boost your skin's health and maintain its balance while addressing the signs of premature aging. Revive your skin to reveal a vibrant, healthy glow and rediscover skin that is healthy, balanced and youthful.



“Quinoa contains many times more nutrients than traditional wheat. In comparison, quinoa has 646 percent more oleic acid, 256 percent more iron, 360 percent more riboflavin and 240 percent more calcium.”



fiber, protein and minerals such as iron, magnesium and manganese and is gluten-free.

In Mexico, amaranth grains are often popped and mixed with honey or molasses to create a sweet snack food called *alegría*, which means joy. Amaranth flour can be used in virtually any baking dish to replace white or wheat flour, making it a great alternative for people with wheat allergies or gluten sensitivity. The nutty taste makes it especially well suited for breads and bagels, but pancakes, pastas and cookies made with amaranth flour are also delicious.

Quinoa is an especially nutritious food (actually a seed rather than a grain) closely related to amaranth; both are in the goosefoot family (rather than the cereal grass family), and both are gluten-free. Like its cousin, flour made from quinoa also has a slightly nutty taste and can be used to bake virtually anything. From basic bread and bagels to exotic-tasting muffins and cookies, quinoa is a very versatile baking ingredient. It can also be prepared as a tasty side dish similar to rice or cooked for breakfast like oatmeal – its flavor mixes well with many other foods, whether sweet, savory or spicy.

Quinoa contains many times more nutrients than traditional wheat. In comparison, quinoa has 646 percent more oleic acid, 256 percent more iron, 360 percent more riboflavin and 240 percent more calcium.

This grain-like seed is generally easy to prepare but sometimes requires several hours of soaking to remove a bitter-tasting coating called saponin. However, boxed quinoa generally comes with this already removed. As noted above, the mild nature of quinoa also makes it a good alternative to white rice or couscous. Preparation is almost identical to that of rice, making it a nutritious substitute when making pilaf. Or for a high-protein breakfast, honey, almonds or berries can be added to a bowl of cooked quinoa.

While there are certainly gluten-free options for people with sensitivities, it is important to know that these foods may not be fortified in the same way traditional foods are. Many cereals and breads are fortified or enriched with folate, iron, fiber and other nutrients, though “fortified” foods are also predominantly refined before they are fortified and often are rapidly converted to blood sugar in the body; they have a high glycemic index rating. Generally speaking, it’s not a good idea to construct a gluten-free diet with a lot of gluten-free baked products (such as gluten-free pizza), as these also tend to be high in carbs and also rate high on the glycemic index. Instead, rely on whole, minimally processed foods, with vegetables, fruits, nuts and seeds as the foundation of your diet.

Is a gluten-free diet right for you? Only you can answer that question. Everyone is a unique individual with unique dietary needs. Some people are more prone to carbohydrate sensitivity, others have trouble digesting lactose and still others are sensitive to gluten. If you suspect you are gluten-sensitive, speak with a doctor or nutritionist before making the diagnosis. One of the most reliable tests for gluten sensitivity is to follow a completely gluten-free diet for a month (an elimination phase) and then “challenge” yourself by eating food containing gluten for three or four days in a row. This process is referred to as an “elimination challenge” and is considered the gold standard for determining food sensitivities. If you had either subtle or not-so-subtle symptoms that cleared up during the month of being on a gluten-free diet that returned with a vengeance after eating gluten for a few days, this is a sure sign that you are gluten-sensitive, no matter what laboratory tests might indicate. The important thing is to figure out what works for you and to stick with it. This can be life-changing for people who either were born with or have developed gluten sensitivity later in life. ●

Lifestyle

“Another nutritional tool for spring cleaning is parsley. With a history going back to the ancient Greeks and Romans, parsley has been used as a spice and herbal remedy for thousands of years.”





Spring Cleaning

It's spring cleaning season, the time of the year when we wash the windows, clean out the cupboards and straighten out the house so we can relax in a clean environment during the summer. This year, try taking that same spring cleaning attitude you use to clean out your house and apply it to your body. If you feel good seeing the results of spring cleaning your home, you're guaranteed to be blown away by the results of spring cleaning your body.

An important part of your overall wellness is your body's ability to process waste. It may not be a pleasant topic to think about, but it's an important one. The human body has many natural cleansing processes. For example, your kidneys filter toxins that your body then excretes through urine. Similarly, waste products travel through your colon before being eliminated from your body.

Generally, your body's detoxification processes work well on their own. But sometimes your body could use a little extra help – especially if you have not been providing it with the nutritional support, including adequate fiber in your diet, it needs from a healthy diet.

One way to help perform a spring cleaning on your body is to make an effort to consume more fiber. Fiber binds with fats and many toxins (including many pesticides and herbicides that may be on the foods you eat) and other contaminants as it passes through the digestive track mostly undigested. Once bound to fiber, these unwanted toxins no longer can be absorbed by the body.

Once in the intestines, much of the fiber you consume is fermented by good bacteria into short-chain fatty acids that help maintain the proper acid/alkaline balance within

the colon, thereby helping sustain a healthy population of the “friendly” bacteria that facilitate detoxification and bolster natural defenses against fungi and parasites.

Fiber also provides bulk that stimulates smooth muscles in the intestinal wall to move the contents through in a timely manner, which results in regular, healthy elimination.

How much fiber is enough? Not everyone agrees. The amount generally accepted by some experts is 25 to 35 grams per day. However, others believe that more is better. People in earlier societies consumed as much as five times this amount, which means our bodies may actually be more accustomed to much larger quantities of fiber than many of us ingest.

Another nutritional tool for spring cleaning is parsley. With a history going back to the ancient Greeks and Romans, parsley has been used as a spice and herbal remedy for thousands of years. Rich in antioxidant flavonoids, it has a particularly high chlorophyll content, which is one reason it is effective as a breath freshener and has also been used as a garnish displayed on plates of food. But it can also help in detoxifying your body. In a clinical study, dietary supplementation with parsley increased the

activity of key antioxidant and detoxification enzymes.

There are many other nutrients that can aid in spring cleaning. For example, milk thistle extract may protect the cells of the liver from harmful toxins. As the liver is one of the most important organs used by the body for detoxification, providing it with nutritional support is of the utmost importance.

It is clear that digestion is a complex, highly integrated process that is susceptible to disruption by disease, aging, and the ordinary stresses and strains of modern life. However, because it is so fundamental to obtaining the necessary raw materials needed to repair and sustain health and possibly even in preventing the development of multiple food sensitivities, support of digestion with a healthy diet and periodic cleansing is a sound nutritional practice in the art of growing young. ●

Nutrition



Foods to Keep You Young

Whether you want to stay young at heart, young at body or young at mind, there are dietary choices that can help you on your path to accomplish your goals. Studies have shown that your diet can have a major impact on complications of aging such as heart disease, Alzheimer's disease, cancer, osteoporosis, diabetes and many others. Let's explore a few of the best foods for keeping your body, mind and spirit young and spry.

Avocados

Avocados contain key nutrients that help protect the body. These subtropical fruits are rich in both monounsaturated fat and vitamin E. Monounsaturated fat is one of the "good" fats that may help reduce levels of bad cholesterol in the body while also raising levels of healthy cholesterol. As we age, cholesterol levels tend to rise, mostly due to a lifetime of accumulated "bad" fats. Eating foods such as avocados that contain good fat helps prevent and even reverse this accumulation.

Berries

Few foods can compare to berries when it comes to protecting against free radicals. As we age, free radicals from cigarette smoke, smog, general atmospheric contamination, radiation, herbicides, medications and other sources accumulate in the body. As they do so, they cause a destructive domino effect that can harm us from the inside out, causing many negative effects that were once thought to be unavoidable with age. Berries of all kinds contain high levels of powerful antioxidants called anthocyanins. Blueberries and aronia berries are the two richest berries in terms of antioxidant levels, but blackberries, black currants, raspberries and gooseberries are also all good choices. A lifetime of consuming delicious berries can help prevent free radical levels from becoming too high. Combining any of these berries with yogurt or kefir creates an antiaging smoothie that is rich in healthful bacteria that help keep the digestive track young and healthy as well as aid immune function.

Fish

If you are interested in maintaining a young mind, you may find including more fish in your diet to be helpful. Oily cold-water fish such as salmon, mackerel, sardines and halibut contain both EPA and DHA. Both of these omega-3 fatty acids, particularly DHA, have many positive effects on the brain. They have been seen to positively impact everything from positive mood maintenance to cognition. This is not surprising, as DHA is by far the most abundant lipid in the brain. The World Health Organization recommends that everyone eat at least two servings of oily fish every week, but be sure your fish is wild and not farm-raised. The grain-based diets fed to farmed fish can virtually eliminate omega-3 content.

Garlic

Garlic has been shown in numerous studies to be one of the antiaging superfoods. It is often purported to play an important role in managing cholesterol, which, as we already know, has a tendency to rise with age, due to unhealthy dietary choices. As well as its positive affects on cholesterol, garlic is also used to help maintain a healthy heart and blood pressure, both of which are also health issues that become more prominent as we age.

Spices

Like berries, several spices tend to have very high levels of antioxidants. In addition, strong and flavorful spices are often good for helping the body with healthy maintenance of inflammation – ginger, Indian frankincense

(Boswellia) and turmeric are some of the best in this regard. Their natural properties can help reduce the probability of multiple age-related symptoms.

Teas

Teas contain thousands of natural chemical compounds that can help benefit the body as it ages. There are many kinds of teas, many of which are well known. Like many foods on this list, teas are ripe with potent antioxidants. One such group of antioxidants, polyphenols, found in the largest quantities in green and white tea, have been shown to help protect nerve functions in the brain. Many teas also contain catechins, which help protect the heart and maintain healthy glucose levels in the body. Catechins are simply another group of antioxidants. Depending on the variety, up to 30 percent of the dry weight of tea leaves can comprise catechins, making tea a powerful tool in preventing free radical stress.

Yogurt

Yogurt contains healthy bacteria that help break down the foods we eat and convert them into usable forms that the body can absorb. Yogurt also has high levels of calcium, which is critical to consume when we are young, as it helps build and maintain the bone mass we will need later in life. According to a study published in the International Journal of Obesity, yogurt may also help with weight control, something many people struggle with as they age. ●

Feature Article





Oil-Soluble Vitamins

Everyone knows oil and water do not mix. If you need proof, fill a glass with water and pour a small amount of cooking oil into it. No matter how much you stir the glass, the oil and water will not mix. As soon as you stop stirring, the two liquids will separate. Broadly speaking, this is true in the human body as well. This creates two distinct areas in the body where vitamins need to work. In this regard, vitamins can fit into one of two categories: fat-soluble and water-soluble.

If a substance is able to enter the watery components of your body, it is called water-soluble. If the substance can enter the fatty parts of your body, it is called fat-soluble. In order to protect the entire body, we must consume both kinds of nutrients.

Water-soluble vitamins are nutrients that dissolve easily in water. They are stored and used in the water-permeable areas of the body such as the muscles, blood cells, parts of the eyes and the insides of all body cells. The entire vitamin B complex is water-soluble, as is vitamin C. Unlike their fat-soluble counterparts, these vitamins cannot be stored in the body and need to be constantly replenished, as they are continuously being flushed out by urination and perspiration. However, for this same reason it is very hard to overdose on water-soluble vitamins.

Fat-soluble vitamins are stored in, utilized by and transported through the lipid medium of the body. The fat-soluble world within your body comprises many cell membranes, parts of the brain, areas of the eye, nerve sheaths and other regions composed of lipids. Although the terms “fats” and “lipids”

are often used interchangeably, fats are actually a subcategory of lipids. Other lipids in your body are oils, cholesterol and other sterols. Fat-soluble nutrients are able to enter all these areas.

Fat-soluble vitamins include A, D, E and K; this article is going to focus primarily on two of these that often partner, especially in promoting bone and cardiovascular health – vitamins D and K. Even though many sources of these vitamins are plant-based, these vitamins are more easily able to enter the body and perform their jobs correctly if there is some fat present in the digestive tract when they are eaten. In addition, there are numerous substances that help blend, or emulsify, the lipids and water. It is possible for extremely low-fat diets or medications that affect fat absorption to hinder the body’s ability to absorb and store fat-soluble vitamins. This highlights the concept that it is more important to eat the correct amount of healthy fats than to try to avoid fats altogether as some fad diets aim to do.

Healthy fats are unsaturated fats. These include monounsaturated fats such as the

omega-9 fatty acids found in olive oil, avocado oil and macadamia nut oil. Healthier still are the omega-3 polyunsaturated fats. This group contains EPA and DHA, which are widely known for their health-benefiting properties. The best sources of these omega-3s are cold-water fish, especially halibut, mackerel, salmon, sardines and herring.

In practical terms, this means that the vitamin K found in spinach will be more easily absorbed by the body if there is also oily fish on your plate.

Two fat-soluble vitamins that work exceptionally well together are vitamins D and K. While both are important on their own, the two work synergistically to become many times more powerful than each is on its own.

There’s no denying that vitamin D helps foster healthy bone growth. Specifically, vitamin D helps your body absorb calcium, the building block of bone mass. Recent research has also shown that vitamin K helps promote healthy bone mass as well. The study discovered that after just two weeks of daily supplementation with vitamin K,

JOINT FORMULA

Nutritional support for joints[◊]



We all like to keep fit - but fitness is about more than just muscles. Our joints do all the hard work in carrying us around, so it's important to look after them as part of our well-being. Joint Formula is designed to help support your joints for an active lifestyle and is a precise combination of minerals shown to support normal joints.[◊]

◊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.



urinary loss of calcium was reduced and circulating levels of osteocalcin (an important protein for bone synthesis) increased.

It appears that vitamin K-dependent proteins in the body act as potent inhibitors of vascular calcification, which helps ensure that calcium ends up in bone where it belongs, instead of calcifying soft tissues.

Put simply, vitamin D allows your body to absorb calcium more readily and then vitamin K directs that calcium straight to your bones. Consequently, when vitamins D and K are both present in adequate quantities, your bones may be even more protected than if just one of the vitamins is present.

Another way that the fat-soluble vitamins D and K work together involves safeguarding against heart disease. If soft tissues are

damaged, the body's inflammatory response can result in calcium deposits in the damaged tissue. If this occurs in your blood vessels, it can cause the vessels to lose elasticity and contribute to the buildup of plaque – the major cause of coronary artery disease.

"Healthy fats include monounsaturated fats such as the omega-9 fatty acids found in olive oil, avocado oil and macadamia nut oil."

Matrix GLA protein, the protein responsible for helping protect blood vessels from calcification, seems to be increased by vitamins K and D.

To protect your entire body and to help ensure optimum health, it is critical to consume a wide variety of fresh fruits and vegetables to ensure that a broad spectrum of vitamins, minerals and phytonutrients are consumed. In addition to that, small amounts of healthy fats will ensure that your body's lipid

areas are able to receive the nutritional support and protection they need. ●

Herbs & Supplements





Evening Primrose Oil

Oenothera, or evening primrose, is a genus of about 125 species of herbaceous flowering plants native to North and South America. The plant's essential oil has been gaining attention as one of the most precious and valuable oils in nature, but the small yellow flower has been used for centuries by both healers and cooks.

The seeds of the evening primrose wildflower were first used by Native Americans as a food source and in poultices to heal bruises. Eventually, European settlers took the plant's root back to England and Germany, where it was used in the kitchen.

Today the essential oil is taken from the plant's seeds and used around the world by health-conscious people looking for a natural way to support healthy female metabolism and healthy skin.

Evening primrose oil has achieved well-known acceptance and recognition for its vital role in women's health today. And it has become a staple in modern dietary supplements that offer support for hormonal balance due to its many nutrients and essential fatty acids that cannot be made by the body and therefore must be supplied through diet.

Evening primrose oil is a natural source of linoleic acid and gamma linolenic acid (GLA). These essential fatty acids, which we can consume in a sufficient amount through our food by following a balanced

diet, are critically important for a variety of reasons.

Over the past several years linoleic acid has become a popular ingredient in beauty products due to its beneficial properties for the skin. Initial studies have led many researchers to believe that topically applied linoleic acid may support healthy inflammation and moisture retention by the skin. In addition, some studies have also found that evening primrose oil may help many areas of skin health, both as a dietary supplement and as a topical application directly on the skin.

Gamma linolenic acid may help dieters keep off the pounds they worked so hard to lose. In a study looking at GLA, researchers discovered that daily doses of an herb rich in GLA reduced weight regain in formerly obese people. Combined with a healthy diet full of fresh fruits and vegetables, evening primrose oil and other GLA-rich foods may become powerful tools in keeping off those lost pounds. However, the GLA found in evening primrose is one of the most biologically active forms of this omega-6 fatty

acid available, meaning it is easily absorbed by your body. GLA is unique among the omega-6 fatty acids in that it is the only one that does not promote inflammation in the body, by virtue of its being the substrate (precursor) for an important anti-inflammatory hormone called prostaglandin E1.

Women of all ages have reported experiencing the benefits of evening primrose oil in supporting healthy menstruation both before and during their period as well as during and after menopause. ●

Family Health

“One last way help protect your aging brain is to spend time in the sun. Just 20 to 30 minutes spent in sunlight every day will allow your body to create healthy levels of vitamin D, which is important because research has linked vitamin D levels in the body to maintaining healthy cognitive function.”

Nutrition for an Aging Brain

The human body is a complex organism that contains many different organs and systems that all work together in order to keep us healthy.

Each of these different organs has distinct nutritional requirements corresponding to its physical makeup and the role it plays. This is why various forms of media such as television, magazines, radio, newspapers and scientific articles seem so excited when it is learned that a particular nutrient is good for supporting some healthy function, such as brain function. The brain is just one of the many specific organs that have unique nutritional requirements. Knowing how to properly feed your brain as you age is an important aspect of the art of growing young.

Just as your skin can develop small, brown-tinted “age” spots, so can your brain. These spots appear on your brain where too many free radicals have done damage over the years. Fortunately, researchers have discovered that increasing one’s intake of vitamin E and other fat-soluble antioxidants can help dramatically reduce free radical damage (referred to as “oxidative stress”) and thereby lower the risk of getting these age spots.

Eating a diet rich in fruits, vegetables and spices (some of which contain the most potent antioxidants found in nature) helps ensure that you supply your body with all the antioxidants it needs to help prevent free radical stress. Even more powerful than the popular vitamins C, A, E and K are a network of antioxidants called oligomeric proanthocyanidins (OPCs). OPCs are found in nearly all food plants, but grape seeds and pine bark are especially good sources, and they are often available in supplements.

One final antioxidant known for its brain-protecting abilities is alpha-lipoic acid (ALA). ALA is a critical antioxidant in many areas of the body because it is one of the very few that can enter both lipid- and water-based parts of the body. Moreover, ALA helps regenerate antioxidant networks wherever it travels in the body, which means it helps make other antioxidants much more effective than if they are consumed alone.

In addition to free radical-fighting antioxidants, omega-3 fatty acids are critical to maintain healthy brain function and healthy aging of the brain. One particular omega-3, DHA

(docosahexaenoic acid), is especially important for the brain. As the longest of the fatty acid molecules, DHA can help protect our brains as no other nutrient can as we age. This is because DHA itself is a primary component of the thin membrane that surrounds all brain cells. And as your brain is made up primarily of lipids, a full 25 percent of those consist of the omega-3 fatty acid DHA.

Without DHA the brain would not be able to communicate with the rest of the body. This omega-3 fatty acid is found in abundance throughout the entire nervous system. Imagine what it would be like if your brain couldn’t tell your legs to walk, your lungs to breathe or your heart to beat.

It only makes sense that providing your brain with more of this essential nutrient will help protect it as you age. And there is plenty of research backing this concept. A study at Tufts University linked increased levels of DHA in the bloodstream to significantly reduced risk of dementia and Alzheimer’s disease. After the initial study and nine years of follow-up studies, researchers saw a nearly 50 percent lower risk of developing dementia in patients with the highest levels of DHA in their bloodstreams, compared to those with the lowest levels. The same participants reported eating an average of three servings of fish per week.

One of the best and easiest ways to boost your intake of DHA is to eat more oily cold-water fish such as salmon, mackerel, sardines, herring and anchovies. However, avoid swordfish, king mackerel and other large, long-lived fish, as they can contain higher levels of mercury

and other environmental contaminants that they have absorbed from water they have lived in. Fish oil supplements are also a good way to consume the valuable nutrient, especially if you are not fond of the taste of fish. But it is important to consume only fish-based oils that have been properly processed to contain high levels of DHA and to be free of heavy metals and other environmental contaminants.

One last way to help protect your aging brain is to spend time in the sun. Just 20 to 30 minutes spent in sunlight every day in spring, summer and early autumn (and winter only in subtropical and tropical zones) will allow your body to create healthy levels of vitamin D, which is important because research has linked vitamin D levels in the body to maintaining healthy cognitive function. After undergoing three separate tests measuring attention span and the speed at which information is processed by the brain, participants with the highest concentrations of vitamin D in their bodies performed the best in a study. And the link was even stronger in people over the age of 60! This may mean that vitamin D intake, including from direct sun exposure, diet and supplements, is especially important for seniors.

All these nutritional components are important for an aging brain, but that doesn’t mean you should wait until your golden years to start eating a brain-healthy diet. Regardless of age, anyone who eats a diet rich in fresh fruits and vegetables, consumes the right fish and/or high-quality fish oils on a routine basis, and spends enough time outdoors will help give his or her brain everything it needs to stay healthy. ●

Family Health

“Lycopene, an antioxidant responsible for the red color in tomatoes, watermelon and guava fruit, has been shown in some studies to produce beneficial effects on prostate health.”



Prostate Health

Most men would agree that prostate health is one of the health topics they are most uncomfortable discussing with their doctor. Most men know little about prostate function, and many find it embarrassing to talk to their doctors about prostate health because it is so closely linked with sexual health. However, taking care of this small organ can make a big difference in a man's health and happiness.

Bladder infections are common and occur primarily in women, but have you ever heard about prostate infections? Prostate infections, referred to medically as prostatitis, generally occur in men between the ages of 30 and 50. And although statistics vary somewhat, it's thought that up to 50 percent of men will have a prostate infection at some point.

Prostatitis can cause frequent urination, pain when urinating, pain in the genitals, high fever, chills and other symptoms. As uncomfortable as these symptoms can be, the treatment is generally very simple. In the majority of cases, all that is required is antibiotics, but, of course, only after proper testing is completed and the antibiotic is prescribed by the doctor. The ease of treatment and relief it affords should outweigh any embarrassment men have about talking to their doctor about prostate issues. There are also several natural substances that can be utilized to support healthy prostate function.

Many men with chronic pain from prostatitis (which can also occur as a noninfectious inflammation of the gland) may find relief in foods rich in bioflavonoids – specifically quercetin – and even foods rich in OPCs, which can be obtained from citrus fruit, buckwheat, onions and fibrous parts of plants.

Another issue men have trouble talking about is prostate cancer. However, because it has been suggested that half of all men will develop prostate cancer by the age of 65, it is a topic that more men need to get comfortable discussing. Even though prostate cancer tends to be very slow-growing and when caught early is highly treatable, it shouldn't be ignored. The odds of developing prostate cancer increase significantly as a person ages.

By the age of 50, men should begin having yearly prostate exams. It is often recommended now that testing should begin as early as 40 for men with a family history of prostate cancer.

The test is quick and produces only mild discomfort, which is a small price to pay for good health that can add years to your life. Having the standard PSA blood test has become common and is very worthwhile to do annually, although recently this has become controversial in medicine, as it may find many low-grade prostate cancers that don't require treatment, and there has been a tendency to overtreat these low-grade prostate cancers with surgery and radiotherapy. "Active surveillance" is now becoming more accepted by patients and doctors alike for these lower-grade prostate cancers, and there is good evidence that a healthy diet and lifestyle can help prevent them from progressing to a more dangerous type of prostate cancer that would require harsh treatments. Even if prostate cancer is found during one of these exams, it is highly likely that patients will be able to continue living normal, happy lives. Treatment methods include microsurgery, radiotherapy, heating or freezing the prostate cancer tissue to destroy it, and/or hormonal therapy, of course along with nutritional supplementation and diet and lifestyle changes. Chemotherapy is often used only for treating advanced stages of the disease if the other techniques don't work. Prostate cancer is usually a slow-growing disease and often in its early stages can easily not be detected. This is why it is important to have routine checkups. If the disease is caught early, the monitoring and treatment of prostate cancer have a high success rate.

Excessively high testosterone levels may contribute to the risk of developing prostate cancer, but this is not totally proven. A metabolite of testosterone, dihydrotestosterone, may really be the culprit, and high estrogen levels (caused by enzymes in fat stores converting testosterone to estrogen) are also implicated. The inclusion of products containing soy-based ingredients included regularly in the diet may help regulate those testosterone levels, due to the presence of compounds called isoflavones.

Any man who has trouble completely emptying his bladder, finds it difficult to start urinating, experiences dribbling, notices reduced force of urination, frequently urinates small amounts, or experiences pain with urination or ejaculation should consult a doctor, as prostatitis, prostate cancer and an enlarged prostate all can display any of these symptoms.

The prostate is affected by your lifestyle choices just as is every other part of your body. This means that you can help protect your prostate by consuming the right foods and living a generally healthy life. Lycopene, an antioxidant responsible for the red color in tomatoes, watermelon and guava fruit, has been shown in some studies to produce beneficial effects on prostate health. Bright orange vegetables full of beta-carotene (and other antioxidants), such as carrots, may also help protect healthy bodies against cancer, according to some research findings.

A number of plants and herbs, such as saw palmetto, nettle root, pumpkin seed oil and the bark of an African tree called *Pygeum africanum*, are also thought to help protect a healthy prostate. All around the world, the most widely used natural supplement supporting prostate health is an extract taken from the saw palmetto berry. Researchers believe that the extract may be able to support healthy testosterone levels.

In addition to eating a diet rich in fruits and vegetables and low in fats and sugars, getting regular exercise (especially walking) and maintaining a consistent, healthy weight can help keep your body functioning at its best as well as protect your prostate health. Some studies have shown that the ingestion of green tea and even coffee may support prostate health as well. And last but not least, there is considerable evidence that regular sexual activity is protective of prostate health – a prescription that most men can live with! ●



Kids and Sleep

Developing healthy sleep patterns is as important for children as it is for adults. Everyone feels the biological urge to sleep, but often people, especially children and young adults, put it off in order to stay up late watching movies, playing on the computer, talking with friends or doing homework. Setting a good example and helping your children develop proper sleep patterns will benefit their health for years to come.

Proper sleep patterns are important because too little sleep affects the brain, impairing memory functions, thought processes and mood – three critical areas that can impact a child’s ability to excel in school and create new friends.

There is a certain age group that often struggles with getting enough sleep because of pressures to perform at school. However, researchers have shown that cognitive abilities are increased with healthy sleep, meaning it is far more important for students to get a full night’s sleep than it is to stay up late cramming for the next day’s exam. Late night study sessions actually reduce attention spans, and too many in a row will negatively impact parts of the brain that control language, memory, planning and sense of time. Simply explaining these things to grade-obsessed teenagers and young adults may be enough to convince them to shut their books and close their eyes.

There are many ways to help make sure you and your children fall asleep at the right time. Some of these tips start long before your child’s bedtime. Encouraging your children to be active during the day will help them sleep better at night. Although new research is suggesting that morning exercise leads to the best nightly sleep, as long as your children spend time being active during the day before evening, their sleep will benefit from it.

Developing and sticking to a nightly routine will help anyone, regardless of age, get better sleep. After a few weeks spent in a routine, your body will begin to recognize

when it is time to start relaxing and prepare for sleep. This means sending your children to bed and waking them up every day around the same time – even on the weekends. Otherwise you risk disturbing their bodies’ natural clock.

Another good sleeping habit is to slow your children down both physically and mentally as the evening progresses. Children and adults should begin to wind down at least one full hour before bedtime. During this time help your young ones avoid activities that require a great deal of concentration, such as homework or video games. Reading can help relaxation, but only novels and light reading. Having backpacks packed, outfits picked out and lunches ready for the next day at least an hour before going to sleep can prevent their minds from racing at the last minute before bedtime. It also helps if you remove stimulating foods, television shows and experiences from your children’s nightly routines.

The right sleeping atmosphere is also important. Cool, dark rooms with thick curtains and no brightly lit clocks, computer screens or televisions are optimal for sleeping because the primary sleep-regulating hormone, melatonin, is secreted in response to darkness. It has been shown that even a small night-light can disturb melatonin secretion and thus impair sleep.

It’s also important to be aware that your child’s sleeping needs will change with age. While it’s healthy for infants to sleep up to 15 hours a day, a teenager often does not require as much time asleep. And if your

older child does sleep too much, it may be a symptom of other health problems. Schoolchildren from 7 to 10 generally need around 11 hours of sleep each night. Older kids and teenagers require just eight or nine hours. Drastically more or less than that can have negative impacts on health.

How can our children be expected to develop healthy sleep habits if we ourselves do not model them? It’s a sad fact that too few of us actually get enough sleep every night. Our fast-paced, modern lifestyles often don’t seem to leave room for a good night’s sleep. Sleep should be and can be, however, a high priority. Healthy sleeping habits are just as important as healthy eating habits. By setting a good example and teaching our children how to maintain healthy sleep patterns, we will be giving them a healthy gift that will last a lifetime. ●

Healthy sleeping habits include:

1. Winding down at least one hour before bedtime
2. Physical activity during the morning or afternoon
3. Dark bedrooms with no bright clocks, night-lights or computer screens
4. Regular bedtimes and wake-up times
5. An understanding of the importance of a good night’s sleep

Family Health



Maintaining a Healthy Urinary Tract

Urinary tract infections can be uncomfortable or downright painful.

Anyone who has ever experienced one knows the importance of maintaining a healthy urinary tract in order to prevent another infection. They are much more common in women than in men.

Urinary tract infections are most commonly found in the lower urinary tract – meaning the bladder and urethra rather than in the kidneys. However, they can involve any part of the urinary system, including your ureters (the small tubes that transport urine from the kidneys to the bladder) and kidneys. If the infection does get into the kidneys, the condition can be far more serious.

Women tend to be at greater risk than men for developing urinary tract infections, simply due to their physiology and anatomy. But both sexes can take steps to help reduce their risk of developing infections.

One of the easiest ways to maintain a healthy urinary tract is to drink plenty of fresh, pure water. Every time you urinate, you eliminate waste products dissolved in your urine from metabolism in all parts of your body. Drinking plenty of water will help prevent this waste from building up and ensure that your urine flows normally, which can help prevent infection-causing blockages. A good rule of thumb is to drink enough water so that your urine is light yellow or clear (though supplements or foods containing vitamin B2, known as riboflavin, will give the urine a bright yellow color for a while). If your urine is often dark in color, it is a sign that you need to increase your intake of water.

Drinking more water will also displace other, less healthy liquids in your diet. Beverages containing alcohol and soft drinks and other caffeinated beverages can irritate your bladder. They may also aggravate the frequent and urgent need to urinate that comes with an infection. So if you do develop an infection, it is even more important to replace these drinks with water. Many people

believe that drinking water will cause your body to build up fluids, when just the opposite is true. Drinking water actually helps your kidneys eliminate more water.

Many people have also heard that cranberries can help prevent urinary tract infections. Hundreds of years ago, Native Americans probably began using cranberries after noticing a cause-and-effect relationship between the berries and their urinary tract health. Eventually even doctors began to naturally treat and prevent recurring urinary tract discomfort with cranberry juice. It hasn't been until relatively recently that researchers have been able to verify what many traditional healers have known for ages – cranberries do indeed seem to help safeguard against urinary tract infections. Many studies have found positive results in promoting urinary tract health with cranberry juice and concentrate. The current belief is that cranberries contain a specific nutrient, more specifically anthocyanins, that prevent infection-causing bacteria from sticking to the walls of the bladder and urinary tract.

Similarly, blueberries have also been shown to possess tannins that stop the same infection-causing bacteria from adhering to the walls of the bladder, thus helping reduce the chances of developing a urinary tract infection. A natural sugar called D-mannose also helps prevent the most common bacteria (called E. coli) involved in urinary tract infections from sticking to the bladder walls, where it can multiply and cause infection.

Another natural way to help protect the bladder comes from both ancient Greece

and traditional Chinese medicine. Both disciplines believe purslane can help maintain a healthy urinary tract.

Practicing good hygiene habits can also help keep your urinary tract healthy. Washing your genitals with mild soap and warm water every day can help remove any bacteria before it can enter your urethra. Washing immediately after sex is important too. Because infection-causing bacteria can easily travel up into the urinary tract during sex, urinating and wiping yourself shortly after sex have been shown to reduce the odds you will develop an infection. Ingesting D-mannose and/or cranberry or blueberry juice or concentrate soon after sex can also be very helpful in maintaining a healthy urinary tract.

Finally, it is especially important to teach young daughters to wipe from front to back after going to the bathroom. The anus and rectum contain a lot of bacteria. Wiping from front to back ensures that bacteria do not contact the vagina, which can greatly reduce the chances of developing a urinary tract infection.

If you do develop a urinary tract infection, the same steps can help ease discomfort. Drink lots of water and cranberry juice sweetened with mannose, maintain good hygiene, and visit your doctor if symptoms are not improving. Medical attention when symptoms of a bladder infection persist is extremely important, as letting a bladder infection progress to involve the kidneys can become extremely serious. Applying a warm but not hot heating pad to your abdomen can also help ease discomfort until the infection is gone. ●

forever young®

botanicals



Intelligently Natural™

Discover the refreshing benefits of pure plant essences with the Forever Young Botanicals line.

Connect with your body in a very real way. Experience plant-derived body care for every inch of your hands, feet, body and scalp. Nurturing blends for the shower or bath with natural aromas that energize, refresh and calm.

Which do you choose for your skin – clouds of chemicals or bursts of pure botanical essences? With Forever Young Botanicals, you can rejuvenate your body with natural and herbal ingredients that contain pure plant aromas. The botanical benefits for cleansing, smoothing, soothing and moisturizing.

Can pets affect my health?

Pets can be absolutely great companions on your road to wellness. For many people, a daily dog walk is their only source of regular exercise. Other people find petting a purring cat can help shed the day's stresses. Research has shown time and time again that stress reduction techniques such as this can help reduce the risk of developing significant coronary heart disease. In the case of retired and elderly people, taking care of a pet often provides the responsibility and sense of being needed required to stay mentally healthy.



How many times a week should I eat fish?

Many studies show that in order to receive the many benefits of joint-, heart- and brain-healthy omega-3 fatty acids, you should consume fish two to three times a week. When planning your meal, look for fresh cold-water fish such as salmon, sardines, herring and mackerel. Avoid farm-raised options, as the diets these fish are fed do not allow them to accumulate the same nutrient levels as their wild counterparts (with the exception of the emerging organic fish farming operations, which use the food chain provided by the ocean). If you are concerned about contaminants in wild fish, you may wish to try a fish-oil supplement. However, be sure to find one that is molecularly distilled and emphasizes DHA, as it is one of the best omega-3 fatty acids for your body.



Is there a difference between a serving and a portion?

Understanding the difference between a serving and a portion is a critical part of maintaining a healthy diet. Serving size is used to determine the nutritional content of a food. Portion size is the amount of that food you choose to eat. When reading nutritional labels, it is important to take notice of how big the serving size is. The nutritional information such as the amount of protein, fat, carbohydrates, and certain vitamins and minerals is expressed on the label in terms of the serving size. A package of snack crackers may appear to you to be a single portion, but it may actually contain two or more servings, meaning you could be consuming two or three times the amount of calories you thought you were, unless the portion you eat is a single serving.

OMEGOLD®

Omega-3 Fish Oil Capsules Rich in DHA and EPA



Only available in the US

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.

◊ 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.

