

Dr. Weil's Balanced Living

Your Guide to Living Life Fully

WEIL™
Andrew Weil, M.D.

2010
Annual
Edition

HEALTHY EATING

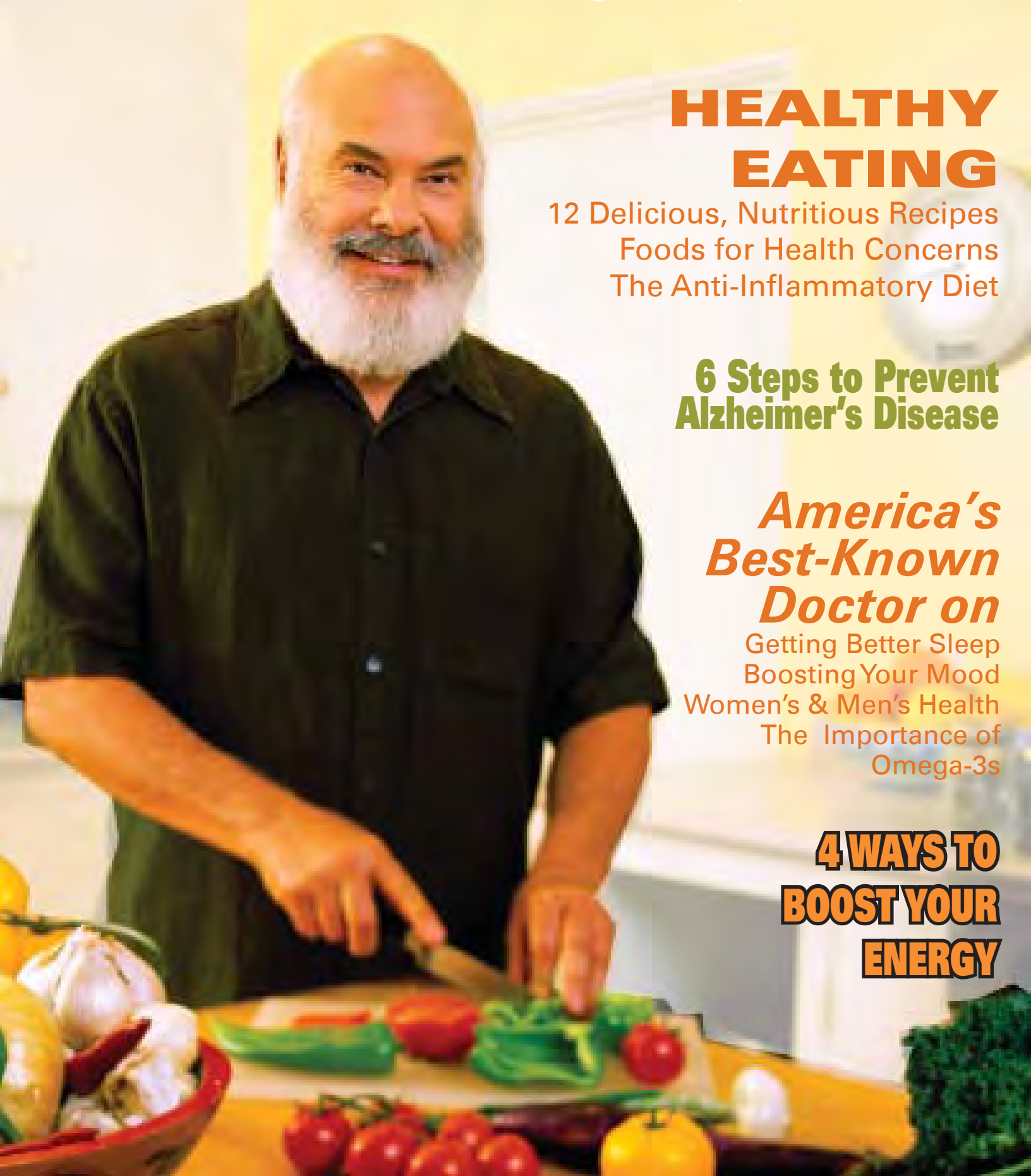
12 Delicious, Nutritious Recipes
Foods for Health Concerns
The Anti-Inflammatory Diet

**6 Steps to Prevent
Alzheimer's Disease**

*America's
Best-Known
Doctor on*

Getting Better Sleep
Boosting Your Mood
Women's & Men's Health
The Importance of
Omega-3s

**4 WAYS TO
BOOST YOUR
ENERGY**



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Andrew Weil, M.D., donates all of his after-tax profits from royalties from sales of Origins products directly to the Weil Foundation. For more information, visit: www.weilfoundation.org



Dear Reader,

I'm delighted to welcome you to this *2010 Annual Edition of Balanced Living*, in which you'll find 12 information-packed issues of my exclusive monthly newsletter. *Balanced Living* explores healthy living from the perspective of integrative medicine, a healing-oriented medical philosophy that encompasses the whole person: body, mind and spirit. The articles here cover the best, evidence-based therapies from both conventional and alternative practitioners. My aim is simple: to help you achieve and maintain optimum health.

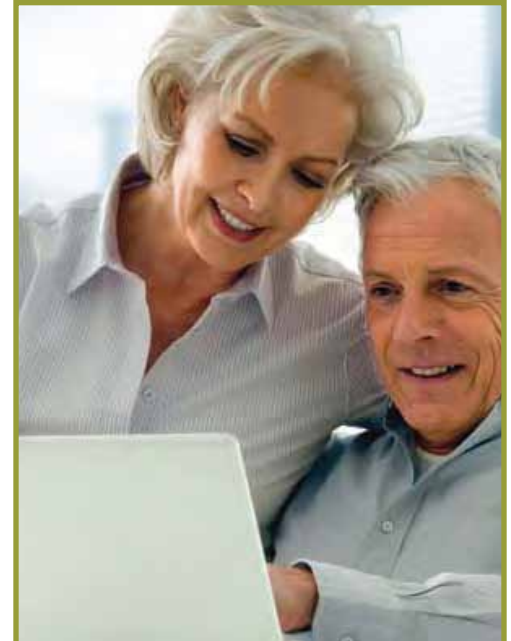
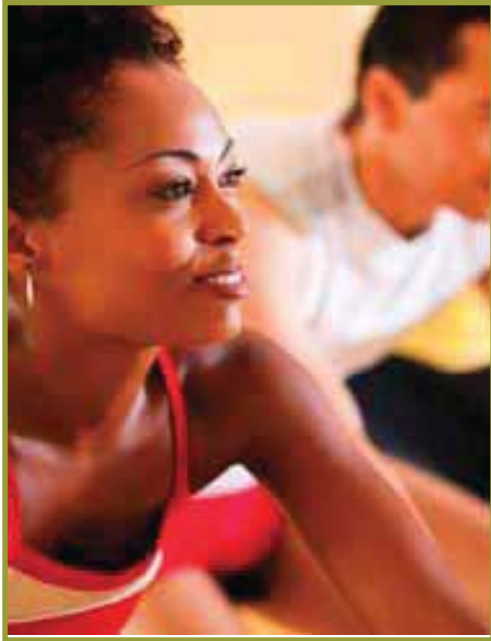
Within this issue we'll examine energy and supplements that boost it without the "crash" that inevitably follows shortcuts such as sugar and caffeine. We'll explore memory, focusing on safe, healthy ways to limit inappropriate inflammation in the brain, which is believed to underlie many forms of memory loss. We'll look at vision and ways to protect it from threats like macular degeneration - an irreversible eye disorder affecting the central part of the retina. And we'll take on the modern epidemic of depression, focusing on gentle, natural therapies that may be even more effective - and almost certainly safer - than the pharmaceuticals that are all too often prescribed for the condition.

I look forward to the healing journey that we are about to take together!



Andrew Weil, M.D.

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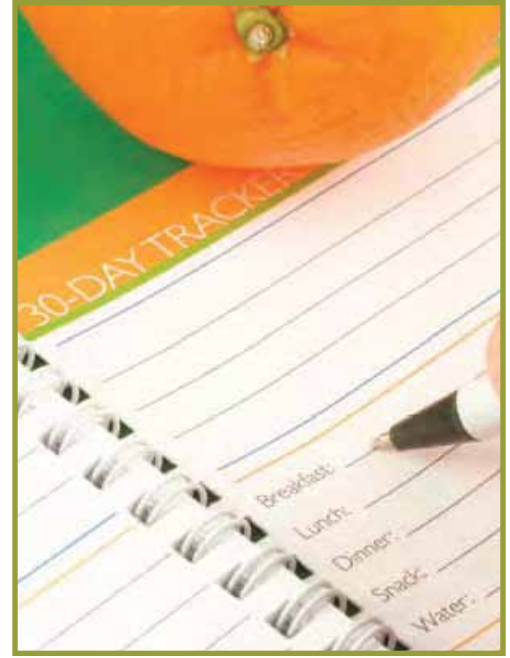
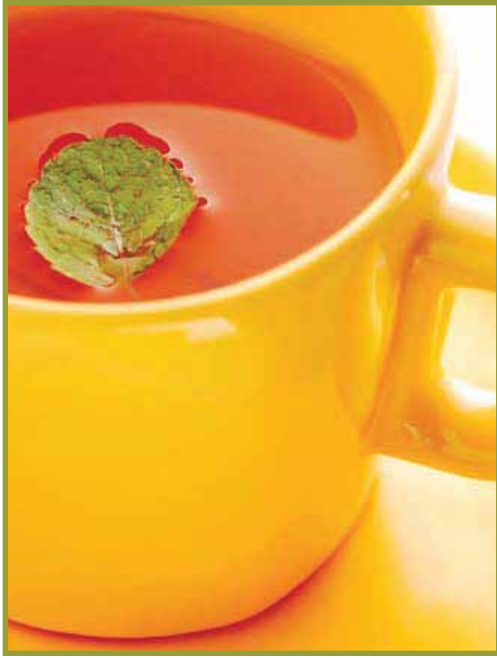
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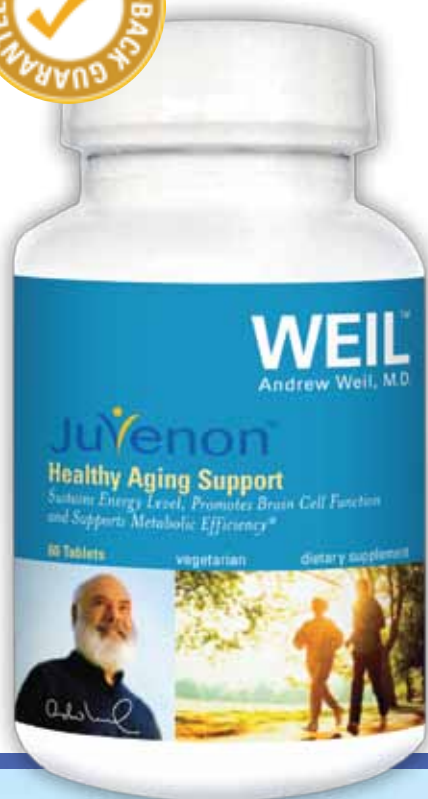
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“The energy I’ve got with other products in the past was a burst of energy and then it was over. With the Weil Juvenon formula, it’s a steady stream of energy. I’m definitely going to be telling my friends, you’ve got something here. You don’t have to grow old the way your parents did.”

Marsha Major, age 61

“I tested it for 30 days because I figured what did I have to lose? I was feeling kind of slow and icky and I thought—you know—if it doesn’t work, it doesn’t work. But if it does, how much better will I feel? Lo and behold I feel better. And since I’m feeling better, I don’t feel as 47 as I did six weeks ago. But the most important and hugest thing to me is falling asleep is really easy and I stay asleep. It’s been great and I’m gonna keep taking it.”

Julie Ross, age 47

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"Our feet are our body's connection to the earth."

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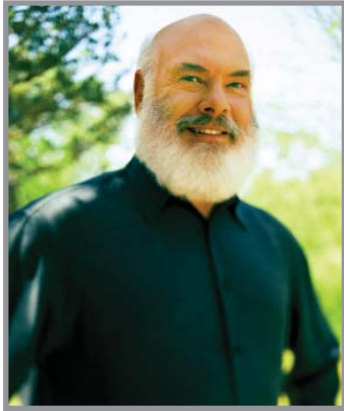
Andrew Weil, M.D., donates all of his after-tax profits from royalties from sales of Weil Integrative footwear products directly to the Weil Foundation, a not-for-profit organization dedicated to supporting integrative medicine through training, education and research. For more information, visit www.weilfoundation.org

Learn more at:
www.weilbeing.com



Recommended by the APMA (American Podiatric Medical Association)





I created the Weil Foundation as a long-term funding mechanism for the advancement of integrative medicine through training, research, the education of the public, and policy reform.

I believe the day is coming when all doctors will be routinely trained in integrative medicine.

People often ask me why my name and face are on commercial products. I feel this challenge is appropriate to anyone asking trust from the public, and my answer addresses my efforts at establishing a long-term funding mechanism for education and research in integrative medicine. In addition, every product, and every manufacturer that licenses my name is actively engaged in making the world better.

Through these ethical business practices I hope to encourage the transition from a consumptive economy to a restorative one. A restorative business is one that provides a valuable product that a sustainable world needs, displacing unsustainable products in the process. Some restorative businesses also donate a portion of their profits to non-profit organizations, doubling their effectiveness.

I personally make nothing from products that I endorse. I donate all of my after-tax profits from royalties from sales of licensed products directly to the Weil Foundation, a not-for-profit organization dedicated to supporting integrative medicine through training, education and research.


Andrew Weil, M.D.

For a full list of grant recipients and licensed products visit:
www.weilfoundation.org



SUPPORTING THE ADVANCEMENT OF INTEGRATIVE MEDICINE

Since its inception in 2005, the Weil Foundation has given out more than \$2 million in grants and gifts to medical centers and other non-profit organizations nationwide. Our shared goal is nothing less than to transform health care.

Consumers who buy products licensed by Andrew Weil, M.D., pioneer of integrative medicine, help to fund the Weil Foundation. Dr. Weil contributes to the Foundation all of his after-tax profits from the sale of these products. Individuals and companies who believe in the potential of integrative medicine also make donations to the Foundation.

The Foundation

The Weil Foundation is a non-profit organization that receives tax-deductible donations which it uses to make grants to advance integrative medicine. Incorporated in 2002, the Foundation became active in 2005 when it began to receive substantial contributions from its founder, Andrew Weil, M.D., the bestselling author and leading figure in integrative medicine.

The Strategy

The Foundation believes that it can have the greatest impact by focusing its grant-making on a particular objective. At present the Foundation makes most of its grants to institutions that are working to change medical education so that integrative medicine becomes a routine part of the training of all physicians and other health care professionals (through residencies and other forms of medical education).

The Contributions

The Foundation is funded mostly by Dr. Weil's contributions. Dr. Weil donates all of his after-tax profits from royalties on the sale of retail products licensed by Weil Lifestyle LLC. The company partners only with businesses that share Dr. Weil's philosophy and standards, and he works closely with each licensee to develop distinctive products that meet his specifications and conform to the principles of integrative medicine.

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Welcome! I am delighted to bring you the premier issue of *Balanced Living: Your Guide to Living Life Fully*. Each issue will focus on helping you to achieve optimum health in body, mind and spirit in accordance with the principles of integrative medicine. I look forward to our journey together!



This issue explores energy - the essential currency of life and health. Energy levels can be affected by a variety of factors, including seasons, sunlight, diet and physical activity. The overall strategy is to tailor your nutrition, supplements, exercises and lifestyle practices to support a steady energy level, and minimize habits that deplete it.

It's also paramount to realize that the most important way to be energetic is to get enough rest and sleep - something many people find hard to do. Long ago, I resolved to go to bed between 9:30 and 10 p.m. every night, and I seldom break this rule. It takes discipline, but the rewards I reap in health and vitality are more than worth it.

Yours in health,

Andrew Weil, M.D.

4 Foods for Energy

Foods have the ability to affect our energy levels in a variety of ways. They ultimately provide the fuel that allows our bodies to function, and supply the nutrients necessary to support the

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Supplements and Energy



Persistent mild fatigue or a chronic lack of energy due to day-to-day stressors or hectic schedules can have a negative impact on productivity.



Instead of reaching for purported energy drinks – many of which contain unhealthy ingredients – you should instead attempt to address fatigue or lack of energy through natural means. In addition to keeping your blood sugar levels stable and getting enough rest and exercise, consider these supplements and herbs:

1 Magnesium and calcium

Oral magnesium supplementation has been shown to help reduce symptoms of fatigue, especially for those with low magnesium levels.

2 Coenzyme Q10

This vital nutrient is involved in cellular energy production throughout the body.

3 Cordyceps

A traditional Chinese medicinal fungus that may help fight fatigue and boost energy levels. It is used as an energizing tonic and to help increase aerobic capacity and endurance.

4 D-Ribose

A five-carbon sugar used in the generation of ATP (adenosine triphosphate), it helps maintain energy production in cells.

5 Ginseng (American or Asian)

Asian ginseng (*Panax ginseng*) and American ginseng (*Panax quinquefolius*) are used for stimulant and adaptogenic (stress-protective) properties, respectively.

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- 2 Quick Tip 1: Exercise
- 3 Quick Tip 2: Grazing

- 3 Lifestyle Tips for Energy
- 4 Recipe: Black Bean Soup

Quick Tip¹

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Exercise can facilitate an instant pick-me-up, and walking is one of Dr. Weil's favorite exercises. It offers the advantages of requiring no skill or practice, and the only equipment you need is a good pair of shoes. It is also a very safe exercise option, with the least chance of injury, and can be done outdoors or indoors. Good posture is important during walking - swing the arms opposite to the movement of the legs for a better stride. Proper footwear is as essential for aerobic walking as for running - athletic supply stores can give you advice.



4 Foods for Energy

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complex metabolism of the human body. To help boost your energy levels, look to your plate – and add these foods:

1 Beans

Legumes (beans, chickpeas and lentils) are all rich in fiber, which slows the release of insulin, allowing a steady state of energy rather than a big spike after a meal.

2 Oatmeal

It helps keep blood-sugar levels stable, and contains B vitamins - essential to convert carbohydrates into energy. Choose steel cut or Irish oatmeal.

3 Water

Dehydration is a common cause of fatigue, so be sure you're drinking adequate amounts of good quality water throughout the day, especially during exercise or hot weather. Avoid alcoholic and caffeinated drinks which can promote dehydration and ultimately sap energy.

4 Vitamin C-rich foods

People with higher blood levels of vitamin C appear to have more energy than those with lower levels. This could be because vitamin C influences the production of L-carnitine, an amino acid that helps your body burn fat for energy. Oranges and other citrus fruits, kiwis, bell peppers, broccoli, strawberries, and cantaloupe are good sources of vitamin C.

Join DrWeilOnHealthyAging.com for dozens of energy-boosting recipes!

Supplements and Energy

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6 Eleuthero (*Eleutherococcus senticosus*)

A woody shrub from northeastern Asia with properties similar to those of ginseng, it has a long history of use to maximize athletic performance. Studies show eleuthero can also help enhance emotional equilibrium.

7 Arctic root (*Rhodiola rosea*)

An adaptogenic herb that helps prevent fatigue, stress and the damaging effects of oxygen deprivation.

8 Vitamin B complex

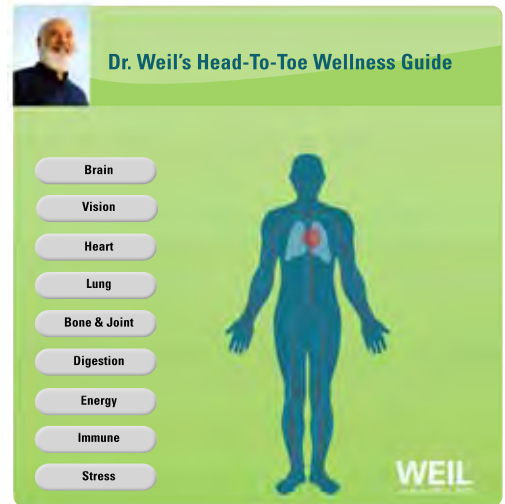
B-vitamins act as cofactors in many metabolic reactions and assist in the metabolism of carbohydrates into energy.



Dr. Weil's Head-to-Toe Wellness Guide: Lifestyle Tips for Energy

Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories. Learn more by visiting DrWeil.com or join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!

Simple lifestyle steps can help support and sustain energy. Try the following and see if each improves your energy – naturally:



- **Get enough rest:** Quality sleep and rest encourage optimum energy levels. Retiring one hour earlier will often yield huge dividends in your overall productivity. Try different amounts of sleep and see what works best.
- **Get regular exercise:** Physical activity brings oxygen to the brain, resulting in a revitalized feeling. Aim for 45 minutes of some form of moderate exercise most days of the week.
- **Catch some sun:** Expose yourself to natural sunlight every day. UV rays affect the production of melatonin, a hormone that controls the sleep cycle.
- **Cultivate a positive nature:** Harboring anger, resentment, guilt and fear can deplete energy. Practice forgiveness, and take time each day to consider and appreciate those around you.

Quick Tip²

Boost Your Energy By Grazing. A large meal can trigger your body to release more insulin, causing blood sugar (glucose) levels to drop and leaving you in a fatigue-inducing slump. Skipping meals only deprives your body of needed calories, and sets you up for energy-draining overeating at your next meal. Instead, eat smaller meals or healthy snacks throughout the day, which will help keep blood sugar levels steady.



Black Bean Soup

Black beans, also known as “turtle beans,” are an especially tasty variety, and make a lovely soup. As with most dried beans, they are inexpensive while offering a bounty of fiber, protein, folic acid, potassium and magnesium. Do not salt dried beans while they are cooking as the salt slows down the softening process. And a word about the sherry commonly added to this soup: forget “cooking” wines or sherries. They contain lots of added salt and very little in the way of flavor. Do your palate and your body a favor and use a drinkable sherry in this recipe.



Black beans have levels of antioxidant compounds similar to the levels found in grapes and cranberries, which have long been regarded as rich sources. In beans, as with fruits and vegetables, deep, dark colors indicate high levels of antioxidant activity.

INSTRUCTIONS

- 1 Pick over beans to remove any dirt, stones or foreign objects. Wash well, then soak for 8 hours in ample cold water.
- 2 Drain beans and cover with a generous amount of fresh water. Bring to a boil over high heat in a large saucepan with the bay leaf. Skim off foam, lower heat, and simmer, partially covered, until beans are just tender, about 1 hour.
- 3 Add onion and continue to cook until onion becomes extremely soft, about 1 more hour.
- 4 Add salt to taste and garlic. Continue to cook, adding a little boiling water if necessary, until beans are very soft, about 1-2 hours more.
- 5 Remove bay leaf and turn off heat. Ladle beans in batches into a blender or food processor and puree, or use an immersion blender and puree soup directly in the saucepan.
- 6 Add dry mustard powder and dry sherry. Correct seasoning. Reheat and serve, adding any garnishes you wish, such as slices of lemon or freshly chopped herbs.

INGREDIENTS

- 1 pound black beans
- 1 bay leaf
- 1 large onion, sliced
- Salt to taste
- A few cloves of chopped garlic
- 1 teaspoon dry mustard powder
- 1 cup dry sherry (not cooking sherry)

NUTRIENTS PER SERVING

- Calories: 102.8
- Protein: 3.5 grams
- Fat: 2.6 grams
- Saturated Fat: 0.2 grams
- Monounsaturated Fat: 1.3 grams
- Polyunsaturated Fat: 0.9 grams
- Carbohydrate: 18.6 grams
- Fiber: 4.1 grams
- Cholesterol: 0.0 mg
- Vitamin A: 5,138.3 IU
- Vitamin E: 2.0 mg/IU
- Vitamin C: 39.9 mg
- Calcium: 104.1 mg
- Magnesium: 76.1 mg

This recipe and dozens more are available at DrWeil.com.



Heart disease is the number one cause of death for both men and women in the United States. Fortunately, small steps can make a big difference in the health of your heart, and for many people, simple lifestyle changes rather than drugs or surgery are the best route to cardiac fitness. Coronary

artery disease is a multifactorial condition, but I believe that the root cause is chronic inflammation. This is one reason I so strongly emphasize the anti-inflammatory diet, which can be found on my DrWeilOnHealthyAging.com website. I also suggest managing unhealthy stress through meditation and breathing exercises; regular cardiovascular exercise; knowing your family history of heart disease and creating a preventive plan with your physician; and monitoring related health concerns such as high blood pressure, high blood fats and high cholesterol.

On the subject of cardiovascular health - not to mention overall wellness - here's one more piece of news: Effective immediately, I am raising my recommendation for vitamin D intake from 1,000 IU to 2,000 IU daily. Clinical evidence has been accumulating to suggest that higher "D" levels may be helpful in lowering the risk of a wide variety of health conditions including heart disease, several forms of cancer and diabetes. Read on to learn more about how to keep your heart optimally healthy!

Yours in health,

Andrew Weil, M.D.

8 Heart-Healthy Nutrition Tips

Simple preventive measures are the best way to achieve optimal cardiovascular function. Try the following dietary changes to promote the health of your heart:

- 1 **Reduce intake of saturated fats:** They can contribute to high cholesterol; avoid whole-fat dairy foods such as cheese, cream and milk, as well as red meat.
- 2 **Limit consumption of trans-fats:** Found in most margarines, snack foods, heavily processed foods and some cooking oils, these fats (often listed on food labels as "hydrogenated" or "partially hydrogenated" oil) can reduce HDL ("good") cholesterol levels and raise LDL ("bad") cholesterol levels.
- 3 **Use fresh garlic regularly:** This traditional medicinal herb has been shown to help lower cholesterol levels. Use one or two raw or lightly cooked cloves a day.

- 4 **Eat some nuts every day:** Nuts, especially almonds, walnuts and cashews contain heart-healthy monounsaturated fat.



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8 Risk Factors for Stroke

Stroke is the leading cause of disability in the United States. It can cause permanent damage to brain cells, potentially resulting in speech and memory problems, emotional issues, pain, and partial or complete paralysis. Most strokes are ischemic - occurring when the blood supply to a portion of the brain is blocked by a blood clot. Less common are hemorrhagic strokes, caused by a burst blood vessel or spontaneous bleed in the brain.

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1 8 Risk Factors for Stroke

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4 Recipe: Apple Oat-Bran Muffins

Quick Tip¹

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Keeping Blood Pressure in Check

Hypertension (high blood pressure) is the most common form of cardiovascular disease in the United States, affecting nearly one in three adults. To lower and control blood pressure, a healthy weight and lifestyle (no smoking, minimal caffeine, alcohol and sodium intake) and practicing relaxation methods can all be effective. To help relax the involuntary nervous system, which controls the tone of blood vessels, try meditation, yoga, biofeedback training, and breathing exercises - RESPeRATE is a simple device that teaches you to lower your blood pressure by changing your breathing patterns.



8 Risk Factors for Stroke

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Some risk factors for ischemic stroke cannot be controlled, such as a family history, age (risk increases after age 65) and race (African Americans are at a higher risk). However, other lifestyle aspects are easily modified. Talk with your physician about keeping the following factors under control:

- 1 High blood pressure:** Hypertension - marked by narrowing blood vessels and slowed blood flow to the brain - is the number-one modifiable risk factor for a stroke.
- 2 An unhealthy diet:** Good heart health can be bolstered with a healthful diet. Dr. Weil's Anti-Inflammatory Diet benefits heart health through a focus on fruits, vegetables, and whole grains, and a reduction of saturated and trans-fats and red meat.
- 3 Smoking:** Smokers have a much higher risk of stroke, partly because nicotine and carbon monoxide reduce oxygen in the blood.
- 4 Heart-related issues:** Coronary artery disease, atrial fibrillation, heart failure, and other cardiac issues can increase the risk of stroke.
- 5 Diabetes:** People with type 2 diabetes have a higher risk of small vessel disease, high blood pressure and high cholesterol, and may be overweight – all of which increase risk factors for stroke.
- 6 Too much alcohol:** More than one drink per day for women, and more than two per day for men, can increase blood pressure – and thus your risk of stroke.
- 7 Not enough exercise:** Moderate activity can help keep many of the health issues related to stroke at bay. Aim for at least 30 minutes a day of moderate physical activity (such as brisk walking), most days of the week.
- 8 Unhealthy stress:** Stress can elevate blood pressure and increase your risk of both heart disease and stroke, so practice daily relaxation techniques such as breathing exercises or meditation to help keep stress at manageable levels.

8 Heart-Healthy Nutrition Tips

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- 5 Drink green tea daily:** It provides EGCG, a polyphenol that may help to moderate inflammation and lower cholesterol.



- 6 Eat plenty of soluble fiber:** Soluble fiber has a powerful cholesterol-lowering effect. Beans, legumes and whole grains are good sources.
- 7 Limit refined carbohydrates:** A diet full of cookies, cakes, crackers, fluffy breads, chips and sodas can increase triglyceride levels and lower HDL.
- 8 Limit sodium intake:** Avoid processed meals and canned foods; taste foods before you salt them; do not add salt while cooking; avoid foods that are visibly salted; and read labels (aim for no more than 1,500 mg sodium per day).

Dr. Weil's Head-to-Toe Wellness Guide: 4 Supplements for Your Heart

Along with regular exercise, a healthy lifestyle and a diet focused on vegetables, fruits and healthy fats, specific supplements and vitamins have shown promise for certain heart concerns:

1 Fish oil

Several studies have linked omega-3 fatty acids from fish with a reduced risk of heart attack and stroke, as well as lowered triglyceride levels and reduced blood pressure.

2 Coenzyme Q10 (CoQ10)

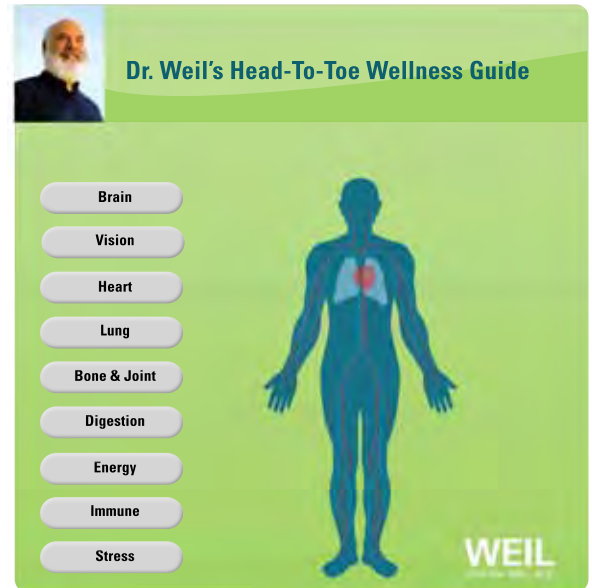
This is a powerful antioxidant that promotes the efficient utilization of energy at the cellular level and is especially beneficial to the heart muscle. It is a particularly important supplement for those who take cholesterol-lowering statin medications, which can inhibit the body's ability to synthesize CoQ10.

3 B vitamins

Low levels of B vitamins have been associated with increased blood levels of homocysteine, a toxic amino acid linked to heart disease risk.

4 Vitamin C

This antioxidant vitamin has been shown to help lower blood pressure in people with mild to moderate hypertension.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!

Quick Tip²



For Your Heart: Exercise and Weight Loss

Regular, moderate exercise helps maintain the health of blood vessels, strengthens the heart muscle itself, and can help reduce heart disease risk factors including high cholesterol, high blood pressure, insulin resistance, stress and being overweight. Aim for 30 minutes of moderate aerobic activity on most days; for individual guidance consult a personal trainer.



Apple Oat-Bran Muffins

Commercially baked muffins have become as large as small birthday cakes and loaded with calories and fat. These muffins, on the other hand, are delicious and loaded with fiber and heart-friendly oat bran. They may truly be the breakfast of champions. You may use Granny Smith or Gravenstein apples, but feel free to try your favorite green apple. You can freeze what you don't consume right away for a later date.



Oat bran binds cholesterol in the gut and blocks its absorption. These muffins can help you move toward a healthy daily goal of 40 grams of fiber, which is about twice what most Americans consume.

INSTRUCTIONS

- 1 Heat oven to 325° F. Lightly oil muffin pan. Peel and core apples; chop them coarsely. Set aside.
- 2 In a mixing bowl, stir together pastry flour, white flour, oat bran, baking soda, cinnamon, and nutmeg.
- 3 Add thawed apple-juice concentrate, chopped apples, and enough water to make a light batter.
- 4 Mix just enough to moisten all ingredients. Divide batter among the muffin cups and bake till lightly browned, 25-30 minutes.
- 5 Remove muffins from cups while hot.

Serves 12.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

Expeller-pressed canola oil for oiling the muffin pan
 2 large green cooking apples
 2 cups whole-wheat pastry flour
 1 cup unbleached white flour
 1 1/4 cups oat bran
 2 1/2 teaspoons baking soda
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1 12-ounce can apple juice concentrate, thawed
 1 cup water

NUTRIENTS PER SERVING

Calories: 208.4
 Protein: 5.6 grams
 Fat: 1.4 grams
 Saturated Fat: 0.3 grams
 Monounsaturated Fat: 0.3 grams
 Polyunsaturated Fat: 0.5 grams
 Carbohydrate: 48.7 grams
 Fiber: 5.3 grams
 Cholesterol: 0.0 mg
 Vitamin A: 19.5 IU
 Vitamin E: 0.7 mg/IU
 Vitamin C: 3.1 mg
 Calcium: 25.1 mg
 Magnesium: 58.3 mg

Lapses in short-term memory and occasional forgetfulness are normal as you age, but more severe forms of memory loss are not. Alzheimer's disease and other types of dementia are believed to have a common origin - inflammation in the brain. That, in turn, may be due to oxidative stress, eating a pro-inflammatory diet, and exposure to environmental toxins. Use this issue of *Balanced Living* to learn the small but significant steps you can (and should) take to help protect your brain. From foods you eat and supplements to consider to simple lifestyle steps, the information in this issue can help you preserve your memory – no matter what your age.



Yours in health,

Andrew Weil, M.D.

Want to Improve Your Memory and Promote a Healthy Brain?

The information and tools on DrWeilOnHealthyAging.com can help keep your memories fresh and your brain stimulated. From healthy recipes to challenging puzzles (a new one each day) to in-depth articles and charts, we make promoting the health of your brain fun and interactive. Visit today to learn more!

6 Steps to Prevent Alzheimer's Disease

The most common form of senile dementia - a progressive decline in mental ability, affecting memory, thinking, judgment, attention span and learning - results from Alzheimer's disease. The exact cause of Alzheimer's disease remains unclear, and the chances of developing Alzheimer's seem to double every five years after age 65. While there is nothing to be done about growing older, these healthy lifestyle habits, along with eating a healthy diet (see "Foods for a Healthy Brain" on page 3 for more information) can help reduce your risk:

continued on p.2

7 Memory-Enhancing Supplements

Ginkgo leaves



Along with eating right and pursuing regular physical and mental exercise, supplements can be a vital part of an overall strategy to help preserve mental function. The following seven supplements show promise, and many are available through Dr. Weil's Vitamin Advisor – update your profile today and see if they are recommended for you:

- 1 Daily multivitamin.** A good multivitamin can provide optimal levels of folic acid and other B vitamins, compounds which help lower blood levels of homocysteine, a toxic amino acid linked to increased risk of Alzheimer's disease.
- 2 Ginkgo.** Extracts of ginkgo tree leaves increase blood flow to the brain and have been shown to slow the progression of dementia in early onset Alzheimer's disease.
- 3 Acetyl L-carnitine and alpha lipoic acid.** When combined, as in Weil Juvenon Healthy Aging Support, this energy booster and antioxidant are an evidence-based combination that appears to improve mental alertness as well as increased energy.
- 4 Phosphatidyl serine, or PS.** This naturally occurring lipid is considered a brain cell nutrient and may have positive effects on memory and concentration. Research has suggested it can help slow age-related cognitive decline.

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1 6 Steps to Prevent Alzheimer's Disease

2 Quick Tip 1: A Spice for the Brain

3 Quick Tip 2: Get Outdoors for Better Memory

3 Foods for a Healthy Brain

4 Recipe: Poached Salmon

Quick Tip ¹



A Spice for the Brain: Turmeric

A unique spice and a principal ingredient in mild yellow prepared mustard, turmeric may have a specific preventive effect against the risk of Alzheimer's disease. (This may help explain the unusually low incidence of Alzheimer's in India, where people consume significant amounts of turmeric as part of their daily diet.) One way to increase your turmeric intake is by making turmeric tea: Bring four cups of water to a boil; add one teaspoon of ground turmeric and reduce to a simmer for 10 minutes; strain the tea through a fine sieve into a cup; add honey and/or lemon to taste and enjoy!

7 Memory-Enhancing Supplements

continued from p. 1

5 A daily low-dose aspirin. Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) may reduce the risk of Alzheimer's disease by mediating inflammation. Because NSAIDs can cause stomach irritation, they should always be taken with food.

6 Steps to Prevent Alzheimer's Disease

continued from p. 1

- 1 Get 30 minutes of physical activity per day.** Regular physical exercise, specifically aerobic exercise, can help slow memory loss and improve mental function. For an added punch, do something mentally stimulating during exercise, such as reciting the names of old friends while cycling or singing songs while walking.
- 2 Address cardiovascular risk factors,** especially elevated blood pressure. It is the greatest single risk factor for multi-infarct dementia.
- 3 Neutralize your stress.** Studies show that maintaining a positive attitude and emotional state may help ward off cognitive decline.
- 4 Learn to relax.** Practicing regular relaxation techniques such as meditation or yoga can help.
- 5 Stay involved.** Social activities, involvement in faith-based groups and community, meaningful relationships, and service work all seem to be protective.
- 6 Get proper rest and sleep.** The body needs rest, both to balance physical activity and to recharge the mind. Being passive, taking in your surroundings without reacting, and simply "not doing" are valuable practices and necessary for optimum health.



6 Turmeric. This natural anti-inflammatory spice may have a specific protective effect against Alzheimer's disease.

7 DHA. This omega-3 fatty acid, which occurs naturally in cold water fish, is essential for normal brain development and has been linked to healthy cognitive function.

Dr. Weil's Head-to-Toe Wellness Guide: Foods for a Healthy Brain

When it comes to a healthy brain, look to your plate. What you eat can help you to both achieve and maintain optimal mental function. Here are some particularly valuable foods to emphasize:

■ Antioxidant-rich fruits and vegetables

Antioxidants help counter oxidative stress, a process which can damage cells and may accelerate aging. Fresh, organic vegetables and fruits are the best dietary sources of antioxidants, although tea (in particular green tea) and dark chocolate can contribute as well.

■ Blueberries

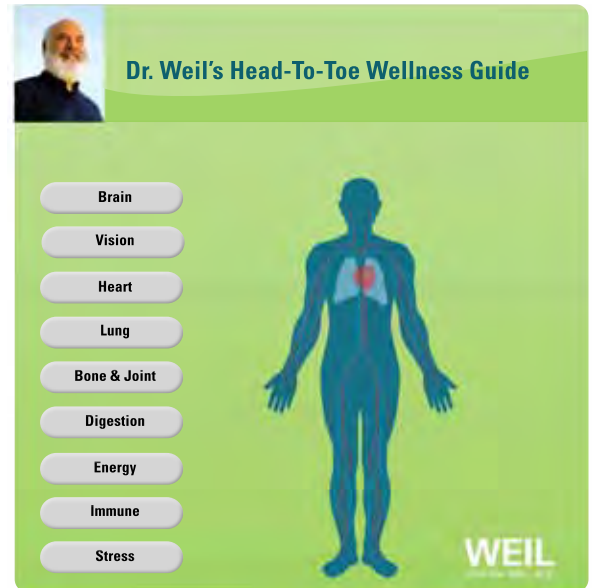
These gems deserve their own mention: In conducting animal studies, researchers have found that blueberries may improve motor skills and reverse age-related short-term memory loss, and may also protect the brain from stroke damage.

■ Foods rich in vitamins C and E

These two vitamins have been shown to have protective effects against inflammation. Good sources of vitamin C include beans, oatmeal, citrus fruits, enriched pastas, fresh peas, rice bran and wheat germ. For vitamin E, increase your intake of spinach, sunflower seeds, wheat germ and whole grains.

■ Omega-3 fatty acids

The omega-3 fats found in salmon (look for wild Alaskan salmon or canned sockeye), sardines and flaxseeds (freshly ground is best) appear to help protect against age-related memory loss and Alzheimer's disease. Herring, black cod, fortified eggs, walnuts and hemp seeds are other good sources of omega-3s.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilonHealthyAging.com for access to an enhanced version that includes links to related recipes!

■ Ginger

This natural anti-inflammatory agent has been linked to a reduced risk of Alzheimer's.

In addition, use cooking methods that limit inflammation. Cook at lower temperatures to avoid the formation of AGEs (advanced glycation end products) which have been linked to Alzheimer's disease, and avoid cooking methods that require excessive fat, such as deep frying.

Quick Tip²

Get Outdoors for Better Memory. To help your brain thrive, go play in nature! An article published in the journal *Psychological Science* reported that volunteers who went for walks in nature vs. volunteers who walked in a city performed 20 percent better on memory and attention tests administered before and after the walks. (City walkers showed no improvement.) So next time your memory could use a little boost, get outside and focus on nature!



Poached Salmon

I've long recommended eating fish - particularly wild, oily, cold-water fish. Of the varieties that fall into this category (mackerel, kippers, sardines and salmon) salmon is a stand-out. It's a leading source of omega-3 fatty acids, essential fatty acids that contribute to brain growth and development and may help reduce the risk of cardiovascular disease, high blood pressure and cancer. Salmon is often available fresh, and it also scores points as a food that's easy to cook but looks and tastes like the elegant work of a gourmet chef.



INSTRUCTIONS

- 1 Cut the salmon filets into individual portions if necessary.
- 2 Place in a large skillet the carrot, onion, sliced celery, lemon, parsley and bay leaves.
- 3 Add the fish, cold water to cover, salt to taste, the wine and the lemon juice. Bring the water to a boil, uncovered.
- 4 Adjust heat to simmer and let fish cook for 5 minutes.
- 5 Turn off the heat and leave fish undisturbed for 10 minutes. Then remove it carefully to a serving platter; the salmon will be perfectly done. It is delicious served either hot or cold.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- Salmon filets (allow 6 ounces per person)
- 1 carrot, sliced
- 1 small onion, sliced
- 1 stalk celery, sliced
- 2 slices lemon
- Several sprigs of parsley
- 6 bay leaves (Turkish, or 1/2 of a California bay leaf)
- Salt to taste
- 1 cup dry white wine
- Juice of half a lemon

NUTRIENTS PER SERVING

- Calories: 245.3
- Protein: 36.3 grams
- Fat: 10.0 grams
- Saturated Fat: 2.1 grams
- Monounsat Fat: 3.6 grams
- Polyunsat Fat: 3.3 grams
- Carbohydrate: 0.0 grams
- Fiber: 0.0 grams
- Cholesterol: 75.6 mg
- Vitamin A: 168.0 IU
- Vitamin E: 1.1 mg/IU
- Vitamin C: 1.7 mg
- Calcium: 60.5 mg
- Magnesium: 52.1 mg

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Real beauty is created from the inside out. Bright eyes, glowing skin and a firm, strong body are the universal indicators of physical attractiveness. The best way to achieve them is via the same measures I recommend to create and maintain physical health: Eating healthful foods (I recommend my anti-inflammatory diet), getting regular exercise, and practicing mind-body routines to help us stay positive and focused. But it can also be sensible to add techniques that work from the outside in, such as using moisturizer to keep skin supple and avoiding exposure to harsh weather to minimize the risks of damage, inflammation, and skin cancer.



This issue of *Balanced Living* takes a look at different aspects of personal care. From achieving a healthy weight and making time for yourself to a delicious recipe that can promote healthy skin, apply the information here to your lifestyle routines. You'll be that much closer to achieving optimal health!

Yours in health,

Andrew Weil, M.D.

Keeping Skin Healthy

Your skin is your body's largest organ, and no matter where you live (sunny or not), everyone should be aware of the signs and risks for skin cancer. To help reduce this risk, check your body for warning signs - studies show that people who regularly inspect their skin can reduce their risk of melanoma by as much as 63 percent. Use the following list to guide you through your self-examination:

continued on p.2



9 Ways to a Healthy Weight

If you are overweight or obese, losing just a small percentage of your weight can yield a big improvement in your overall health - it can help delay or prevent full-blown diabetes, drastically reduce the burden on your knees, reduce levels of LDL ("bad") cholesterol and increase the levels of HDL ("good") cholesterol. To help increase your odds of reaching and maintaining a healthy weight over time, consider the following:

- 1 Set realistic goals** - work with your physician on short- and long-term goals.
- 2 Eat smaller, healthier portion sizes**, especially when dining out; eat only at meals (and don't skip meals); and eat a wide variety of foods.
- 3 Focus on a healthful diet**, like the Dr. Weil-recommended Anti-Inflammatory Diet, and eat mindfully, expressing gratitude for your food and enjoying the flavors, aromas and textures - don't eat just to eat.

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1 Keeping Skin Healthy

1 9 Ways to a Healthy Weight

2 Quick Tip 1: Reconnecting with Yourself

3 Quick Tip 2: Walking for Overall Health

3 Weil Juvenon for Energy

4 Recipe: Raspberry Evening Spritzer

Quick Tip ¹

Reconnecting With Yourself

Multiple commitments and hectic schedules can cause upsets to your daily life. Help stay balanced, relaxed and calm by regrouping and decompressing: Read a book, start an art project, work in the garden or treat yourself to a massage. If the demands on your time are overwhelming, don't be afraid to say "no" when someone asks you to do something. Learn your limits and make "me time" a priority - it can help keep you in touch with yourself.



Keeping Skin Healthy

continued from p.1

- Note any changes in freckles or moles or any new bumps or nodules.
- Look for moles or freckles with irregular borders, mixed colors (especially black), signs of inflammation or pallor, and any increase in their size.
- Pay attention to moles or freckles that are bigger than the size of a pencil eraser, fail to heal after a minor injury, or are scabby or scaly.

If you notice any of the above, schedule an appointment with a dermatologist - he or she will determine if further treatment is necessary.

In addition, you can help to prevent melanoma by protecting yourself from overexposure to the sun (especially important if you live somewhere or are planning a vacation somewhere sunny) with hats, sunscreen with a sun-protective factor (SPF) of at least 15, sunglasses, and UV-protective clothing.



9 Ways to a Healthy Weight

continued from p.1

- 4 **Get regular exercise.** Start with 20 minutes of brisk walking each day (or water exercises if you have joint problems), and gradually add more time.
- 5 **Weigh in regularly.** It can help you spot changes and take immediate action to reverse any trend toward weight gain.
- 6 **Keep records.** Clinical trials have demonstrated that people can reduce food intake by up to 40 percent just by writing down what they eat.



- 7 **Check your stress.** Mind-body approaches such as meditation, yoga and breath work can all help manage unhealthy stress, which can be caused by weight gain or lead to weight gain.
- 8 **Get adequate sleep.** Evidence shows that getting less than five hours of sleep per night can raise the risk of obesity by almost twofold, possibly due to hormonal changes caused by sleep deprivation, which may increase appetite.
- 9 **Get support.** The buddy system can work well for people trying to achieve a healthy weight.

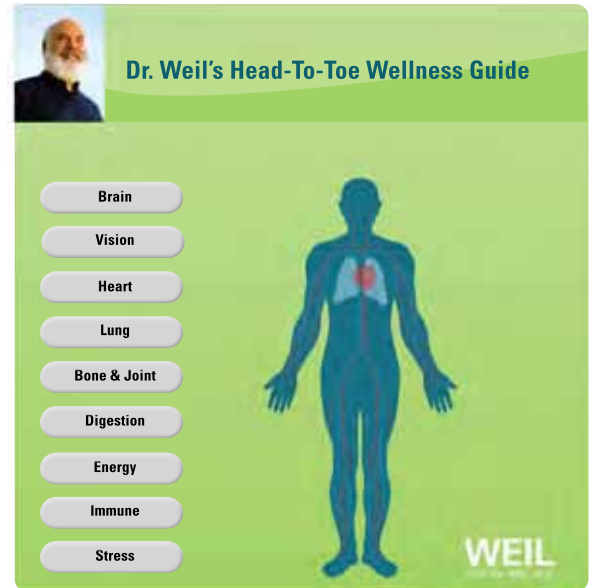
Dr. Weil's Head-to-Toe Wellness Guide: Weil Juvenon for Energy

Persistent mild fatigue or a chronic lack of energy due to day-to-day stressors or hectic schedules can have a negative impact on productivity. Instead of reaching for purported energy drinks - many of which contain unhealthy ingredients - you should instead attempt to address fatigue or lack of energy through natural means.

In addition to a diet rich in fiber, vitamins B and C, drinking plenty of water, and getting regular exercise and good quality sleep, consider Weil Juvenon for natural energy support. This evidence-based product is a powerful combination of alpha-lipoic acid (ALA) and acetyl-L carnitine (ALC) - two nutrients which can help provide steady energy and antioxidant protection, respectively. Weil Juvenon:

- Promotes a more energetic body. Energy is spread evenly throughout the day.
- Supports heart health and circulatory integrity.
- Promotes brain cell function to help maintain mental health and sharpness.
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Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

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Quick Tip²

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Walking for Overall Health

Walking is an ideal way to strengthen almost every major organ in the body, promote bone density, and boost the immune system. Keep your walking technique disciplined and consistent to get the most benefit from each outing: Walk with your head erect, keep your back straight and buttocks tucked in, bend your arms and flex your elbows at approximately 90-degree angles, and take shorter, measured steps that place the heel on the ground first so you push off with the toes - too long a stride can throw you off balance.



Raspberry Evening Spritzer

This simple blend of fruit, natural sweeteners, tea, and seltzer water is an ideal afternoon or evening drink for a casual gathering with friends or an afternoon surprise during the work week.

Food as Medicine

Raspberries contain ellagic acid, a potent antioxidant. Regularly eating berries, including raspberries, is one of the best, not to mention tastiest, moves you can make for overall health.



INSTRUCTIONS

- 1 Bring the water to a boil in a saucepan and drop in the raspberries. Lower heat and simmer for three minutes.
- 2 Remove from heat and sprinkle the tea into the pan. Cover and let steep for two minutes.
- 3 Strain the warm liquid through a fine mesh strainer into a small saucepan, using the back of a large spoon to break up the pulp of the berries and push the liquid through. Add the honey. Stir for about two minutes, then chill in the refrigerator.
- 4 Place one orange slice at the bottom of eight tall glasses. Pour one tablespoon of the chilled raspberry syrup and one cup of cold seltzer water into each glass. Stir, add ice, and serve immediately. If you wish, stick a couple of colorful straws in each glass for added color and fun.

Makes 8 spritzers.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- 1 cup purified water
- 6 ounces raspberries
- 1 teaspoon herbal or black tea leaves
- 1 cup honey
- 1 small orange, washed and cut into 8 thin slices
- 8 cups chilled seltzer water

NUTRIENTS PER SPRITZER

- Calories 144.1
- Fat 0.1 g
- Saturated fat 0 g (0.6% of calories from fat)
- Protein 0.4 g
- Carbohydrate 38.6 g
- Cholesterol 0 mg
- Fiber 1.1 g



The body needs rest, both to recover and strengthen after physical activity and to recharge the mind. At certain times, being passive, taking in your surroundings without reacting, and simply “not doing” are valuable practices and necessary for optimum

health. Wakefulness and sleep are like yin and yang, as each needs the other to reach its fullest potential. I find quality rest so important that I nearly always go to bed early enough to get a solid eight hours of sleep.

This issue of *Balanced Living* focuses on healthy rest and sleep. Here you'll find simple steps that can help you achieve quality rest, some natural sleep aids I recommend, a simple and effective breathing exercise that I practice daily, and actionable information that can help you learn to relax, de-stress, and ultimately get better rest.

Yours in health,

Andrew Weil, M.D.



4 Natural Sleep Aids

Several natural sleep aids can be helpful for those with trouble falling or staying asleep on their own. Consider the following:

- 1 **Chamomile tea.** A mainstay of European folk medicine, chamomile comes from the dried flowers of a low-growing plant of the daisy family. Its mild relaxant and sedative properties can be helpful if you have difficulty falling asleep.

continued on p.2

8 Quick Tips for Better Rest



Rest is as important as physical activity for optimal health. Identify periods during the day when you can be passive, without stimulation, doing nothing, and take advantage of them. Consider the following when planning rest into your schedule:

- 1 **Try to get into the habit of napping:** ten to twenty minutes in the afternoon, preferably lying down in a darkened room.
- 2 **Spend some time outdoors** as often as you can to get exposure to bright, natural light.
- 3 **Try to give yourself about an hour** in dim light before you go to sleep at night. Lower the lighting in your house and bedroom.
- 4 **Pay attention to sleep hygiene,** meaning all the details of lifestyle, including intake of caffeine and bedroom design, that affect the quality of sleep. When you are ready to go to sleep, try to keep your bedroom completely dark.
- 5 **To minimize early waking,** try to postpone the evening meal until after dusk and schedule some kind of stimulating activity in the early evening.
- 6 **If your mind is too active** when you get into bed,

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- 1 4 Natural Sleep Aids

- 2 Quick Tip 1: The Value of Napping
- 3 Quick Tip 2: Sleep and Weight

- 3 The Relaxing Breath
- 4 Recipe: Miso Soup

Quick Tip ¹

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The Value of Napping

Studies on sleep and the opinions of sleep experts are compelling: napping has value. People who nap generally enjoy better mental health and mental efficiency than people who do not, and the quality of their nighttime sleep tends to improve as well. Start making 20-minute naps a priority, taking them when you can. Keep in mind that napping can mean just taking a break. It is “not doing” that encourages refreshment and renewal on both the physical and mental levels.



4 Natural Sleep Aids

continued from p.1

Look for tea bags or extracts of chamomile that have a strong fragrance, and brew the tea in a covered container (to prevent loss of the volatile constituents in steam) for ten minutes.

2 Valerian. From the root of a European perennial (*Valeriana officinalis*), valerian is a safe and effective sedative herb used in traditional medicine for centuries. Look for extracts standardized to 0.8 to 1.0% valerenic acid in health food stores and pharmacies; take one to two capsules a half hour before bedtime. It works best as an occasional remedy, and loses its effectiveness if used every day.

3 Melatonin. This hormone regulates our biological clock. Its secretion is stimulated by the onset of darkness, which initiates our normal sleep cycle. Using melatonin as a sleep aid causes an increase in dreaming in most people, but otherwise melatonin has no known side effects and may even enhance immune function. For regular use, take .25 to .3 milligrams.

4 Passionflower. Derived from *Passiflora incarnate*, a plant native to the southeastern United States, preparations are calming without being sedating. Look for passionflower products at herb and health food stores. The dose is one dropperful of tincture in a little water (or two standardized extract capsules) up to four times per day.

8 Quick Tips for Better Rest

continued from p.1

learn and practice some relaxation techniques that can help you disengage from thoughts.

- 7 Determine how much sleep is optimal for you.** People vary in their need for sleep, from as little as four hours a night to as much as ten. Most require seven to eight hours, but ideal amounts can change over time.
- 8 If you do wake early,** try to use the time productively. Read or write for an hour, then try to go back to sleep until morning.



Dr. Weil's Head-to-Toe Wellness Guide: The Relaxing Breath

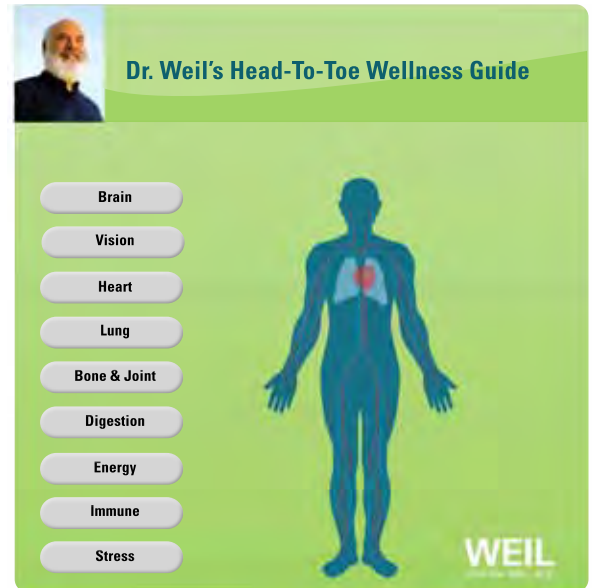


This breathing technique, also called the 4-7-8 Breath, is derived from the yogic tradition. Dr. Weil practices it at least twice a day, and frequently recommends it to others as an effective, time-efficient routine to promote relaxation.

- 1 Place your tongue in the yogic position:** touch the tip of your tongue to the inner surface of the upper front teeth, and then slide it just above your teeth until it rests on the alveolar ridge, the tissue between the teeth and the roof of the mouth. Keep it there during the whole exercise. Now exhale completely through the mouth, making an audible “whooshing” sound.
- 2 Close your mouth and inhale quietly** through your nose to a (silent) count of four. Hold your breath for a count of seven. Finally, exhale audibly through the mouth to a count of eight. This constitutes one breath cycle.
- 3 Repeat for a total of four cycles,** and then breathe normally.

Note: If you have difficulty exhaling with your tongue in place, try pursing your lips; you will soon get the knack of how to do it. Be aware that the speed with which you perform the exercise is unimportant. What is important is the ratio of four, seven, eight for inhalation, hold, exhalation. You will be limited by how long you can comfortably hold your breath, so adjust the speed of your count accordingly. As you practice this exercise, you will be able to slow it down, which is desirable.

Practice breathing with Dr. Weil! Join Dr. Weil on Healthy Aging for videos of Dr. Weil demonstrating this breathing exercise – start your free trial today: DrWeilonHealthyAging.com



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilonHealthyAging.com for access to an enhanced version that includes links to related recipes.

Quick Tip²



Sleep and Weight

Did you know sleep can influence weight? Research suggests that appetite-regulating hormones are affected by sleep and that sleep deprivation could lead to weight gain. In two studies, people who slept five hours or less per night had higher levels of ghrelin - a hormone that stimulates hunger - and lower levels of the appetite-suppressing hormone leptin than those who slept eight hours per night. So if your goal is to lose a few extra pounds make getting adequate sleep a priority.

Miso Soup

Miso soup is the Japanese version of American chicken soup - a combination soul food and comfort food.

It is traditionally eaten at breakfast in Japan as a daily staple. Miso is a paste made from fermented soybeans, and is full of antioxidants, including vitamin E, as well as desirable fatty acids. It's healthful and delicious, and the Japanese say that the linoleic acid in miso promotes soft skin. The soybeans miso is made from also contain isoflavones and other elements that provide protection against some forms of cancer. To preserve these properties, miso should not be boiled. Add it to a soup after it has been removed from direct heat.

Miso is a particularly valuable food for vegans. The bacteria in miso synthesize vitamin B12, a difficult nutrient to obtain from diets that contain no animal products.

INSTRUCTIONS

- 1 Heat canola oil in large pot. Add ginger and onion. Sauté over medium heat for 5 minutes and add carrots, celery and cabbage. Stir well.
- 2 Add water, bring to a boil over high heat, then lower heat and simmer covered till carrots are tender, about 10 minutes. Remove from heat.
- 3 Place miso in a bowl, add a little of the broth from the soup, and stir into a smooth paste. Add more broth to thin the mixture, then add the miso to the soup. Let rest for a few minutes.
- 4 Serve in bowls with chopped raw scallions and a few drops of roasted sesame oil. You may wish to remove the sliced ginger before serving.

Serves 4

This recipe and dozens more are available at DrWeil.com.



INGREDIENTS

- 2 teaspoons expeller-pressed canola oil
- 3 slices fresh ginger root, thinly sliced
- 1 large onion, thinly sliced
- 2 carrots, peeled and thinly sliced
- 2 stalks celery, thinly sliced
- 4 cups coarsely chopped cabbage
- 5 cups water
- 4 tablespoons miso
(dark or light, available at natural-food stores)
- 2 green onions, chopped
- 1 teaspoon roasted sesame oil

NUTRIENTS PER SERVING

- Calories: 107.6
- Protein: 3.2 grams
- Fat: 5.4 grams
- Saturated Fat: 0.7 grams
- Monounsaturated Fat: 2.3 grams
- Polyunsaturated Fat: 2.1 grams
- Carbohydrate: 12.9 grams
- Fiber: 3.3 grams
- Cholesterol: 0.0 mg
- Vitamin A: 8,180.3 IU
- Vitamin E: 0.8 mg/IU
- Vitamin C: 6.5 mg
- Calcium: 46.3 mg
- Magnesium: 19.8 mg

Men face gender-specific health issues, such as prostate cancer and erectile dysfunction. Even general health concerns that men and women share, such as heart disease and diabetes, often manifest differently in men than in women.



Fortunately, a preventive approach can go a long way toward promoting overall optimal health for men. I recommend eating an anti-inflammatory diet, getting daily exercise, and minimizing lifestyle habits that often harm male health, such as excessive risk-taking and avoiding doctor visits. Use this issue of *Balanced Living* to learn more about men's unique health issues, including ways to reduce the risk of benign prostatic hyperplasia and prostate cancer, herbs to address erectile dysfunction, a common food that promotes men's health, and a seasonal recipe that is both healthful and delicious!

Yours in health,

Andrew Weil, M.D.

Want To Learn More About Men's Health?

From simple preventive steps to discussions with your doctor, the Men's Health Center on DrWeil.com is the starting point for health, head-to-toe. Learn about exercise, prostate health, baldness and other health concerns, including links to related Q&As. Visit today!

Checklist: 5 Steps to Preventing Prostate Cancer

Prostate cancer is the second most common cause of cancer death in men. Researchers have estimated that lifestyle factors account for about 75 percent of advanced prostate cancer cases. And of these risk factors, diet appears to be the most influential. So what can you do about prostate cancer? Try the following:

continued on p.2

Reducing the Risk of Benign Prostatic Hyperplasia



Benign prostatic hyperplasia (BPH) is a noncancerous enlargement of the prostate gland that is common in American and European men over the age of 50. While the actual cause of the tissue growth is not completely understood, experts believe it is closely linked to hormone levels. Try the following to help reduce the risk of BPH:

- 1 Eat a diet low in saturated and trans-fats,** focusing instead on the healthier monounsaturated and omega-3 fats.
- 2 Eat more whole soy foods.** Asian men have a lower risk of BPH and some researchers believe it is related to their intake of soy foods.
- 3 Avoid symptom triggers** such as caffeine and alcohol, which increase the need to urinate and may irritate the bladder. Avoid constipation by increasing fiber in your diet. The pressure from constipation may make the symptoms of BPH worse.
- 4 Have regular check-ups.** The National Institute on Aging recommends that men include a prostate exam with their regular medical checkups.
- 5 Try saw palmetto (*Serenoa repens*).** If symptoms of BPH do occur, try managing them with saw palmetto. The best form to use is an extract standardized to 85-95% total fatty acids. Use 160 mg twice a day. Although saw palmetto may not significantly shrink the size of the prostate, it often helps promote healthy function and decreases symptoms.

continued on p.2

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- 1 Reducing the Risk of Benign Prostatic Hyperplasia**
- 1 Checklist: 5 Steps to Preventing Prostate Cancer**

- 2 Quick Tip 1: Tomatoes for Men's Health**
- 3 Quick Tip 2: Staying Flexible for Lifelong Health**

- 3 Herbs for Erectile Health**
- 4 Recipe: Summer Melon Soup**

Reducing the Risk of Benign Prostatic Hyperplasia

continued from p. 1

6 Consider herbs and nutrients such as green tea extract, stinging nettle root, ginger, rosemary, zinc, lycopene, and selenium. All have been shown to help maintain and promote normal prostate health. Keep in mind that it may take at least eight weeks of using these supplements before you see a positive change in your symptoms. Be sure to consult your physician and discuss any medications you are taking - including supplements - to avoid unwanted interactions.



Checklist: 5 Steps to Preventing Prostate Cancer

continued from p. 1



- 1 Watch your diet.** Avoid a diet high in red meat, saturated fat and dairy products, all of which may increase the risk for prostate cancer. Instead, eat more tomatoes, especially tomatoes in sauces - they contain lycopene, a carotenoid linked to a lower risk of prostate cancer. Also include whole soy foods, which contain genistein, an isoflavone that helps normalize hormone levels; fish, which may lower the risk of prostate cancer; and fiber-rich foods, which influence the elimination of hormones such as testosterone and estrogen.
- 2 Drink green tea.** Lab studies indicate that an antioxidant compound in green tea called EGCG kills prostate cancer cells. Another compound in green tea blocks the actions of an enzyme that promotes prostate cancer.
- 3 Exercise.** Regular aerobic exercise is associated with a reduced risk of prostate cancer.
- 4 Take a multivitamin** that includes vitamin D and antioxidants, including selenium, a micronutrient linked to prostate health.
- 5 Have regular screenings.** Rectal exams can provide early detection of problems with the prostate gland.

Quick Tip ¹

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Tomatoes for Men's Health

In addition to its appealing taste and texture, this mainstay of European cuisine is simply good for you. Besides being low in calories and an excellent source of vitamin C, it is also a natural source of lycopene, a carotenoid that gives tomatoes their color. Researchers have linked lycopene with a lowered risk of prostate cancer, decreased rates of heart disease, colorectal and lung cancers, and with improved cholesterol ratios. Carotenoids, including lycopene, are fat-soluble and better absorbed when eaten lightly cooked and paired with healthy, mono-unsaturated fats such as extra-virgin olive oil.



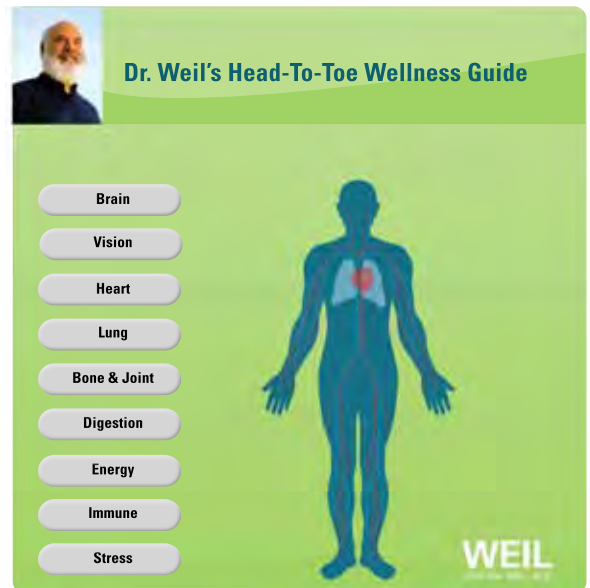
Dr. Weil's Head-to-Toe Wellness Guide: Herbs for Erectile Health

Erectile dysfunction (ED), the inability to achieve or maintain erections sufficient for intercourse, often has a psychological component, and counseling is encouraged as a primary treatment strategy.

However, ED can also be a symptom of cardiovascular disease and diabetes, both of which can impair blood supply to the penis. If you are experiencing ED, start by checking your medications, maintaining a healthy weight, avoiding alcohol and smoking, and managing stress levels.

Also talk with your physician about taking these herbs, which may help address ED:

- 1 Ginkgo.** This herb may improve arousal in both men and women, perhaps by increasing blood flow to the genitals. It should not be used by those on blood thinners such as Coumadin.
- 2 Ashwaganda.** From the roots of a plant in the nightshade family called *Withania somnifera*, ashwaganda is reputed to be a mild aphrodisiac and has long been popular in India as a sexual tonic. Ashwaganda is generally safe - follow the dosage on the package, and give it six or eight weeks to have an effect.
- 3 Standardized extract of Asian ginseng.** Asian ginseng, or *Panax ginseng*, is a good general stimulant and sexual energizer. Asian ginseng is considered safe but can raise blood pressure and cause irritability and insomnia in some people. Follow the dosage on the package, and give it a six or eight week trial to see what it can do.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!



Quick Tip²

Staying Flexible For Lifelong Health

Joints can become less flexible with age and increase the risk of falls, a major cause of disability for older people. Longstanding damage from athletic or workplace injuries - which may be more common in men - can increase the hazard. Fortunately, flexibility and balance training can help address physical discomfort such as aches and pains from chronic muscle tension and stiff joints, and protect against falls by helping the body's capacity to compensate quickly for sudden twists, bumps, or skids. Consider practicing yoga or tai chi as part of your daily fitness routine, both can help improve balance and flexibility.

Summer Melon Soup

This cool, refreshing soup captures the essence of summer. The addition of the jalapeños adds a surprising spark. Serve this soup with a cool entrée or as a pleasant dessert.

Food as Medicine

A summertime favorite, watermelon is more than just a refreshing afternoon snack. Besides being a low-calorie, antioxidant-rich treat, watermelon has plenty of healthy nutrients, including vitamins C, A, B6 and B1. It is also a good source of the carotenoid lycopene, which has been shown to help reduce the risk of prostate and other cancers.



INGREDIENTS

- 4 cups ripe cantaloupe, cut in 1-inch pieces (about 1 large melon, rind and seeds removed)
- 4 cups watermelon, cut in 1-inch pieces (rind and seeds removed)
- Juice of 1 fresh lemon
- 1-2 teaspoons honey, liquefied (20 seconds in microwave)
- 1/4 teaspoon salt
- 2 fresh jalapeño peppers, seeded and finely minced
- 1/2 cup fresh blueberries

INSTRUCTIONS

- 1 Purée the cantaloupe and watermelon together in a food processor or blender. Add the lemon juice, honey, salt and jalapeños to taste. Chill for up to 4 hours.
- 2 Garnish with fresh blueberries and serve.

Serves 6.

This recipe and dozens more are available at DrWeil.com.

NUTRIENTS PER SPRITZER

- Calories: 116.8 calories
- Protein: 2.4 grams
- Fat: 1.1 grams
- Saturated Fat: 0.2 grams
- Monounsaturated Fat: 0.2 grams
- Polyunsaturated Fat: 0.4 grams
- Carbohydrate: 27.9 grams
- Fiber: 2.2 grams
- Cholesterol: 0.0 mg
- Vitamin A: 5,699.6 IU
- Vitamin E: 0.6 mg/IU
- Vitamin C: 99.5 mg
- Calcium: 30.3 mg
- Magnesium: 34.7 mg

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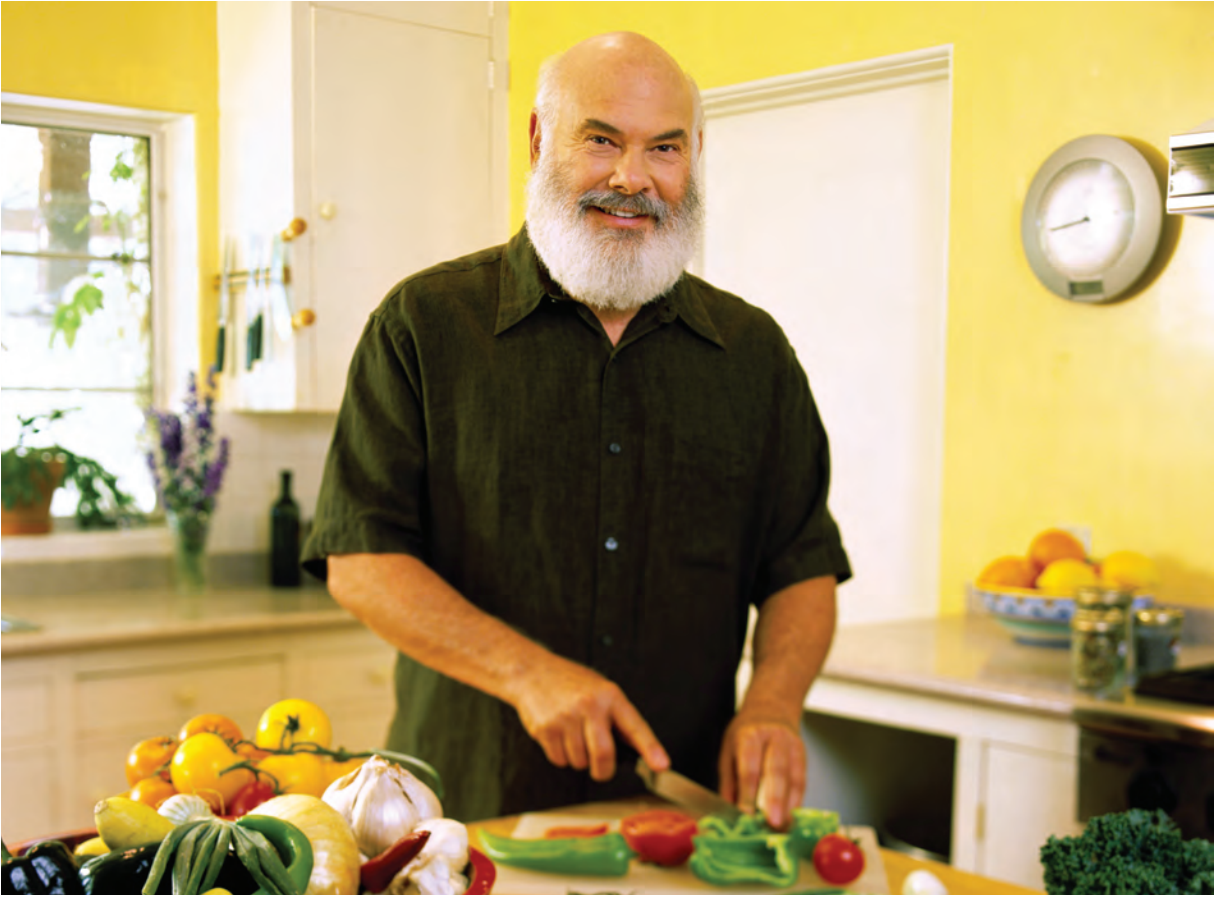
Andrew Weil, M.D., donates all of his after-tax profits from royalties from sales of Vita Perfect Catch Salmon directly to the Weil Foundation, a not-for-profit organization dedicated to supporting integrative medicine through training, education and research. For more information visit: www.weilfoundation.org

Vita Perfect Catch Wild Alaskan Smoked Salmon is an excellent Natural source for Omega-3 Fatty Acids. Please enjoy as part of an anti-inflammatory diet.



Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease, lower blood pressure and inflammation associated with rheumatoid arthritis.

Dr. Weil on HEALTHY AGING



A premium website and online companion to Dr. Weil's bestselling book, *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, DrWeilOnHealthyAging.com gives members:

- A comprehensive Anti-Inflammatory Diet plan, including over 300 recipes, exclusive videos of Dr. Weil in the kitchen and more.
- Our Weekly Focus email to keep your health goals on track.
- Exclusive tools including daily puzzles, music downloads, a video library with over 80 videos and a monthly event calendar.
- Dozens of articles covering simple sleep tips, suggestions for managing stress, preventive health tactics and more.

Plus, as a Healthy Aging member, you have access to our downloadable version of Dr. Weil's *Balanced Living* newsletter – and access to our archive of past issues!

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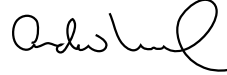
DrWeilOnHealthyAging.com

Optimum health is the result of quality nutrition (in particular, an anti-inflammatory diet), regular mental and physical exercise and prudent supplementation. Simple steps in these areas can help to promote the health of the whole body and its constituent parts, including the eyes. It can also help decrease the risk of many major diseases, including vision-damaging conditions such as macular degeneration.

This issue of *Balanced Living* focuses on the health of the eyes. We encourage you to learn about common age-related eye

disorders, lifestyle steps and supplements that can help promote healthy vision, and foods that provide the antioxidants your eyes require.

Yours in health,



Andrew Weil, M.D.



Macular Degeneration

Macular degeneration (MD) is an irreversible eye disorder resulting from the breakdown of the macula, or central portion of the retina. MD affects some 13 million Americans - more than those affected by glaucoma and cataracts combined, and is the leading cause of blindness in people over the age of 55. When macular degeneration affects those over the age of 60, it is called age-related macular degeneration (AMD). On average, a new case of AMD is diagnosed every three minutes.



The initial symptom of MD may be a minor distortion of vision in one eye; for example, straight lines may appear wavy.

continued on p.2

6 Lifestyle Tips for Healthy Eyes

The eye is a highly complex and sensitive organ that requires a careful combination of nutrients, protection, exercise and rest for optimal function. In addition to an antioxidant-rich diet and prudent supplementation, consider the following healthy habits to help maintain visual health:

- 1 Don't smoke**, and avoid exposure to secondhand smoke. Smoking can decrease blood supply to the eyes by causing blood vessels to narrow and blood to thicken.
- 2 Protect the eyes from the elements.** Sunlight can damage the cells of the macula, which provides visual acuity. Wear a wide-brimmed hat and sunglasses that protect against at least 99 percent of ultraviolet (UV) rays.
- 3 Use safety eyewear** when working around potential hazards to help protect against injuries to vision.
- 4 Stay active.** Regular exercise promotes eye health by improving circulation and lowering the risk of diabetes (poorly controlled blood sugar damages small blood vessels, including those of the eyes).

continued on p.2

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1 Macular Degeneration

1 6 Lifestyle Tips for Healthy Eyes

2 Quick Tip 1: Low-Fat Diet for Vision Health?

3 Quick Tip 2: Minimizing Eye Strain

3 5 Supplements for Healthy Vision

4 Recipe: Blueberry Pie and Easy Pie Crust

Quick Tip ¹



Low-Fat Diet for Vision Health?

A diet that is very low in saturated fat may be healthful for more than your heart - it may help protect your eyesight. Saturated fat can contribute to plaque build up along vessel walls which impedes blood flow, including circulation to the macula. Fresh organic vegetables, fruit, legumes, whole soy products, whole grains, and wild-caught fish such as Alaskan salmon are healthful food choices that are low in saturated fats.

Macular Degeneration

continued from p.1

Eventually, loss of central vision worsens, making it difficult to see at long distances, read up close, see faces clearly, or distinguish colors. Macular degeneration often results in eventual loss of vision in both eyes.

Although there are no definitive answers about the specific causes of MD or AMD, there are theories that may help explain the circumstances that lead to the problem. For example, we do know that strong blood flow to the eye is vital for the

6 Lifestyle Tips for Healthy Eyes

continued from p.1

- 5 Keep blood pressure in check.** High blood pressure increases the risk of glaucoma. Consider medication if lifestyle changes can't bring pressures into the normal range.
- 6 See your eye doctor regularly.** To catch potentially serious eye problems early, people ages 40 to 64 should have their eyes examined every two to four years and those who are age 65 and older should be tested every one to two years.



macula to work properly; anything that interferes with this blood flow can negatively affect the macula by depriving the eye of oxygen and the nutrients it needs to function.

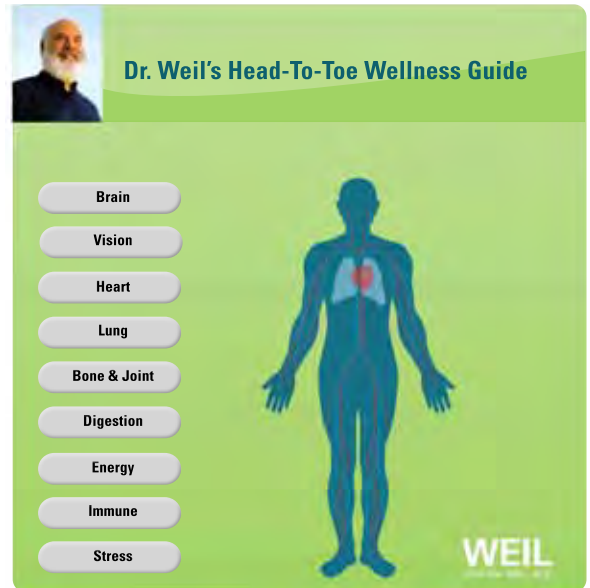
In addition to the lifestyle suggestions in this issue of *Balanced Living*, to help protect against AMD I suggest you increase your intake of antioxidant-rich berries. A deficiency of dietary antioxidants, including vitamins C and E, lutein, and zinc may allow accelerated plaque formation in blood vessel walls and promote macular damage. Berries, and blueberries in particular, can help provide some of these nutrients.

Dr. Weil's Head-to-Toe Wellness Guide:

5 Supplements for Healthy Vision

In addition to following the lifestyle tips from page one and eating a low-fat diet rich in antioxidants, certain supplements may help support vision health. Consider these five:

- 1 Vitamin C.** This potent antioxidant helps prevent damage from free radical formation throughout the body.
- 2 Vitamin E.** Along with vitamin C, zinc, and beta-carotene, vitamin E is often considered an essential micronutrient for the eye.
- 3 Zinc.** In supplement form, this mineral may help maintain the normal processes that support vision, possibly by addressing cellular injury caused by free radicals.
- 4 Bilberry.** Extracts of this fruit, a close relative of the blueberry, provide concentrated flavonoid compounds.
- 5 Pycnogenol.** This extract of the bark of the French maritime pine (*Pinus pinaster*) contains proanthocyanidins, which may be useful in maintaining vision health by supporting and maintaining the natural regeneration of rhodopsin, a purple pigment of the retina used for night vision.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!

Quick Tip²



Minimizing Eye Strain

Spending hours daily in front of a computer screen can be a major cause of eyestrain. To help minimize the risk of overtaxing the eyes try the following: Keep your computer screen clean, at or below eye level and about two feet away from your eyes. Take frequent breaks - look away from the computer screen (or other reading materials) every 10 minutes for about 10 seconds at a time.

Blueberry Pie and Easy Pie Crust

Blueberries are among the most antioxidant-rich foods in the world. Their healthy benefits come from anthocyanins, the natural pigments which give them their color, and loads of vitamin C. This delightful pie is chock full of these dark-blue gems. The cooked and cooled filling is poured into a nine-inch baked pie crust.



PIE FILLING INSTRUCTIONS

- 1 Heat the blueberries in a saucepan over medium heat until they begin to boil. Simmer gently for 10 minutes.
- 2 Add the sugar, lemon juice, and cinnamon, and cook for another 2 minutes.
- 3 Mix the cornstarch or arrowroot well with the water, and pour mixture into the simmering blueberries while stirring. Cook, stirring, until mixture becomes clear and thick. Continue to cook for 1 minute. Remove from heat and cool.
- 4 Spoon mixture into the cooked pie crust and refrigerate for at least 2 hours before serving.

EASY PIE CRUST INSTRUCTIONS

Makes two nine inch pie crusts

- 1 Pulverize the Graham crackers in a food processor.
- 2 Add the remaining ingredients and process until well-blended.
- 3 Press half of mixture into a 9-inch pie pan, firming it well.
- 4 If an unbaked filling is to be used, bake the crust in an oven heated to 350°F for 20-30 minutes until lightly browned. Otherwise, add the filling and bake the pie as directed.

Serves 8.

This recipe and dozens more are available at DrWeil.com.

PIE FILLING INGREDIENTS

- 1 ½ pounds fresh or frozen blueberries
- ½ cup light brown sugar
- Juice of ½ fresh lemon
- 1 teaspoon cinnamon
- 2 tablespoons cornstarch or arrowroot powder
- 2 tablespoons cold water
- 1 baked Easy Pie Crust

NUTRIENTS PER SERVING

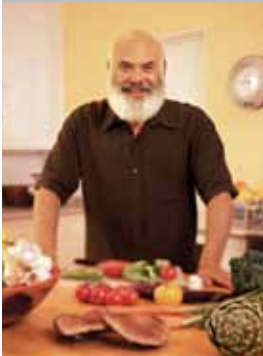
- Calories: 162.6
- Protein: 1.6 grams
- Fat: 2.3 grams
- Saturated Fat: 0.4grams
- Monounsat Fat: 0.9 grams
- Polyunsat Fat: 0.7grams
- Carbohydrate: 36.2 grams
- Fiber: 2.7 grams
- Cholesterol: 0.0 mg
- Vitamin A: 86.9 IU
- Vitamin E: 1.1 mg/IU
- Vitamin C: 12.5 mg
- Calcium: 23.9 mg
- Magnesium: 13.5 mg

EASY PIE CRUST INGREDIENTS

- 1 package (approx. ⅓ pound) natural Graham crackers
- 2 ½ tablespoons maple syrup
- 2 tablespoons sesame tahini
- 1 ½ teaspoons water

NUTRIENTS PER SERVING

- Calories 355
- Fat: 4 grams
- Saturated fat: 1 grams
- Protein: 2.7 grams
- Carbohydrate: 81 grams
- Cholesterol: 0 mg
- Sodium: 137 mg
- Fiber: 1 grams



"Happiness: a good bank account, a good cook, and a good digestion," observed French philosopher Jean-Jacques Rousseau. This issue of *Balanced Living* focuses on the latter of Rousseau's requisites, offering a variety of simple, effective ways to address digestive complaints. Read on to learn more about

constipation and GERD, some natural herbal remedies that can help promote a healthy digestive tract, and a delicious high-fiber recipe that is one of my favorite snack foods.

One area of digestive health that is often overlooked is its link to stress. I find that practicing regular, mindful breathing can be calming and energizing and can help with digestive disorders. One of my favorites is the "4-7-8 Breath" also called the "Relaxing Breath":

Place your tongue in the yogic position: touch the tip of your tongue to the inner surface of the upper front teeth, then slide it just above your teeth until it rests on the alveolar ridge, the soft tissue between the teeth and the roof of the mouth. Keep it there during the whole exercise. Now exhale completely through the mouth, making an audible sound (a whoosh). Then:

- 1** Close your mouth and inhale quietly through your nose to a (silent) count of four.
- 2** Hold your breath for a count of seven.
- 3** Exhale audibly through the mouth to a count of eight.

This constitutes one breath cycle. Repeat for a total of four cycles, then breathe normally.

Yours in health,

Andrew Weil, M.D.

Want To Learn More About Digestive Health?

DrWeil.com has a variety of information covering digestive health – visit the Gastrointestinal Health Center for insight into GERD, IBS and intestinal issues, and use Dr. Weil's Head-to-Toe Wellness Guide and Anti-Inflammatory Food Pyramid to help guide your lifestyle and nutrition choices. Visit today!

Addressing Constipation: 9 Lifestyle and Nutrition Tips

Chronic constipation is more than uncomfortable; it can be an ongoing risk factor for hemorrhoids, diverticulosis and more serious intestinal problems. This common concern stems from particulate matter moving through the digestive tract too slowly, which leads to hard stools and difficult bowel movements in most cases, constipation can be alleviated by simple lifestyle change. Dr. Weil recommends:

- 1 Daily exercise.** It tones your intestines and is essential for regular bowel movements.
- 2 Establishing a regular elimination schedule** and not ignoring the urge to go. If you ignore the urge, you may lose the opportunity, and the longer a stool stays in the bowel, the harder it gets as more water is reabsorbed, and the more difficult it is to expel.
- 3 Daily relaxation techniques.** Biofeedback, breathing exercises and yoga are all effective ways to help address the pressures of modern life. Stress can interfere with relaxation of the whole body, including the bowels.

continued on p.2

Got GERD? 7 Tips to Try



Gastroesophageal reflux disease, or GERD, is a condition that occurs in people whose lower esophageal sphincter doesn't close properly, allowing stomach acid to backflow into the esophagus. This results in heartburn - a burning sensation in the chest and neck areas.

continued on p.2

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- 1** Addressing Constipation: 9 Lifestyle and Nutrition Tips
- 1** Got GERD? 7 Tips to Try

- 2** Quick Tip 1: The Lowdown on Triphala
- 3** Quick Tip 2: What Are Probiotics?

- 3** 6 Simple Tips for Better Digestion
- 4** Recipe: Hummus

Quick Tip¹

The Lowdown on Triphala

An Ayurvedic herbal mixture of three fruits, triphala may help support digestive health and strengthen poor bowel tone. It is available in many different forms, but it is recommended you use only the capsule form - powdered forms are generally much less effective. This traditional herbal tonic can be used by both adults and children to help promote healthy elimination - use as directed on product package. While triphala has no known interactions with other medications, it should be taken separately and on a regular basis for best results.



Addressing Constipation: 9 Lifestyle and Nutrition Tips

continued from p.1

4 Using stimulants appropriately.

Coffee and other forms of caffeine may work well as laxatives when used occasionally, but when used addictively caffeine prevents the bowels from following their own natural rhythm.

5 Not smoking.

Nicotine can interfere with normal activity of the bowel in the same manner as caffeine.

6 Avoiding constipating drugs.

The most common are opiates and derivatives of nightshades such as atropine and scopolamine, but others can cause problems as well. Read labels carefully.

7 Drinking plenty of fluids.

Drink more pure water or other healthy liquids than you think you need throughout the day.

8 Eating at least 40 grams of fiber a day.

Consider trying a high-fiber cereal and eating generous amounts of vegetables, fruits and legumes.

9 A fiber supplement.

Choose one made from psyllium or purified hemicellulose. Make sure to drink plenty of water when you use these products.

See the Quick Tip above for an Ayurvedic remedy that can help support bowel health.

Got GERD? 7 Tips to Try

continued from p.1

Conventional treatment includes lifestyle changes such as regular exercise; avoiding stimulants; eating small, frequent meals; avoiding lying down within three hours of eating; and maintaining a healthy weight.

In addition to these lifestyle measures, Dr. Weil recommends:

- Using solid supports such as bricks, blocks, or boards to tilt the head of your bed a few inches above your feet. Avoid raising your head by sleeping on two pillows, which can make reflux worse.
- Try sleeping on your left side. This may help move acid away from the entrance of the esophagus.
- Practicing a relaxation strategy such as breathing exercises to address symptoms.
- Keeping a food log to track trigger foods and beverages.
- If you drink, keeping alcohol to a minimum, and drinking only with meals.
- Wearing loose-fitting clothes. Even tight belts or waistbands can increase stomach pressure enough to force acid up the esophagus.
- Checking your meds. Many prescription and over the counter drugs can contribute to or aggravate symptoms of GERD. Speak with your pharmacist about appropriate alternatives.



If you think you have GERD, see a doctor to rule out other concerns, or to discuss any medication your pharmacist recommends.

Dr. Weil's Head-to-Toe Wellness Guide: 6 Simple Tips for Better Digestion

If you suffer from occasional indigestion, constipation, gas, irritable bowel syndrome or other digestive complaints, simple lifestyle changes can help. In addition to the tips from the "Got GERD?" article on page 1, consider these suggestions:



1 Drink plenty of fluids.

Drink plenty of water or highly diluted fruit juice throughout the day to help keep digestive systems running properly. Drinking fluids after, rather than during, a meal may help minimize symptoms of indigestion.

2 Eat a diet rich in fiber.

Consume at least 40 grams of soluble and insoluble fiber a day, including whole grains, fruits and vegetables.

3 Drink herbal tea.

Pure peppermint-leaf tea, steeped for three to five minutes, is an excellent stomach soother. (However, it may worsen esophageal reflux by relaxing the sphincter where the esophagus joins the stomach.) Chamomile tea is an alternative.

4 Try ginger.

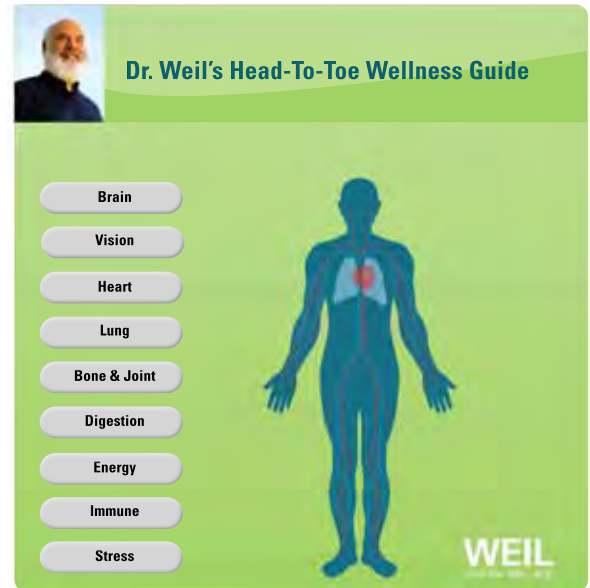
Available as a tea or candied slices, or consider taking 500 mg of ginger root extract after meals.

5 Avoid spicy foods.

They can irritate the digestive tract and trigger indigestion.

6 Practice mindful eating.

Relax, enjoy, and be thankful for your daily sustenance. Don't chew with your mouth open and don't rush through meals - both can contribute to indigestion.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!

Quick Tip²



What Are Probiotics?

Probiotics are products that supply the helpful bacteria (usually lactobacillus or bifidobacterium) that normally inhabit the human digestive tract. Maintaining healthy gut flora can be an effective strategy for supporting both digestive health and bowel health. Most of these "friendly" bacteria occur naturally in cultured milk products, such as yogurt with active cultures or acidophilus milk. Look for brands containing Bacillus coagulans (BC-30) or Lactobacillus GG in liquid or capsule form. The dose is one tablespoon of the liquid culture or one to two capsules with meals unless the label directs otherwise.

Hummus

This tasty and healthy bean spread has gained in popularity over the past few years. Our version has all the benefits of a more traditional recipe, but with less olive oil. The combination of garbanzo beans (also called chickpeas), tahini, lemon juice, cumin and garlic is a show-stopper. This recipe is very versatile - use it as a sandwich spread or as a dip with raw vegetables or pita triangles. Keep a batch in your refrigerator all the time and you'll never be without a nutritious snack or lunch.



Food As Medicine

Garbanzos are an excellent source of fiber, which can help to improve cholesterol ratios. Their high fiber content also slows absorption and helps prevent spikes (and subsequent dips) in blood sugar following meals.

INSTRUCTIONS

- 1 Drain and rinse chickpeas, if using canned.
- 2 Combine chickpeas with remaining ingredients -except olive oil - in a food processor or blender container. Blend to a rough purée texture adding a little more water if necessary. The mixture should not be totally smooth.
- 3 Scrape the mixture into a bowl. Stir in the olive oil.

Serves 10.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- 5 cups cooked chickpeas or garbanzos (from three 15-oz cans, drained or 2 cups dried chickpeas, cooked)
- ¼ cup sesame tahini
- 2 tablespoons cold water
- 2 tablespoons fresh lemon juice
- ½ teaspoon ground cumin
- 3-4 cloves garlic, chopped
- 1 tablespoon extra-virgin olive oil

NUTRIENTS PER SERVING

- Calories: 102.2
- Protein: 3.9 grams
- Fat: 5.4 grams
- Saturated Fat: 0.7 grams
- Monounsaturated Fat: 2.4 grams
- Polyunsaturated Fat: 1.9 grams
- Carbohydrate: 10.6 grams
- Fiber: 2.8 grams
- Cholesterol: 0.0 mg
- Vitamin A: 13.3 IU
- Vitamin E: 0.4 mg/IU
- Vitamin C: 2.4mg
- Calcium: 24.7 mg
- Magnesium: 18.7 mg



Too often in modern America, aging is seen as entirely negative. That may be why the term "reverse aging" garners 165,000 hits on Google. It makes good sense to care for your body, mind and spirit as you age - and this issue of *Balanced Living* can help you do that - but the idea that aging can be reversed is pure myth and empty marketing.

So when you think of aging, consider the positives. A long life can bring emotional stability, a wealth of useful experience, and a more open, embracing spirituality. Even in our youth-oriented culture, older people are often seen as a voice of authority, a living link to the past and source of valuable perspective on the present. Take prudent steps to stay active and vital, while accepting all the rewards that growing older can offer - those are the keys to healthy aging.

Yours in health,

Andrew Weil, M.D.

Want More Information on Healthy Aging?

Aging with grace can be fun, effective and interactive with DrWeilOnHealthyAging.com. Members have access to exclusive content, tools, recipes, charts, videos and more - everything you need to get started on the path to health, no matter what your age. Visit today to learn more.

7 Ways to Enhance Your Spiritual Health and Well-Being

Spiritual health and well-being are important components of overall health. A spiritual practice is any activity that makes you feel more alive, more connected to others and to nature,

continued on p.2

Add 14 Years to Your Life



While searching for the fountain of youth may be a pointless pursuit, there are indeed scientifically validated ways to increase your chances of enjoying more of the potential human lifespan. Researchers at the University of Cambridge in England have found that four specific behaviors can add, on average, 14 years to your life - and enable those years to be lived with greater vigor and vitality. Each step is fairly simple, so get started toward better health - and, possibly, a longer life - today.

- **Don't smoke.** Tobacco is the most addictive drug in the world, and tobacco addiction is the single greatest cause of preventable illness. It is the most obvious environmental cause of cancer, raising the risks of cardiovascular and respiratory diseases that are simply incompatible with healthy aging.
- **Get regular exercise.** Regular, moderate exercise helps maintain and improve the health of your heart; reduces the risk of diseases such as diabetes; promotes energy, quality rest and a healthy weight; helps manage unhealthy stress; and can address symptoms of mild to moderate depression. All most people need is 30 minutes of moderate aerobic activity for at least four days each week; with at least two days that include strength training; and a stretching routine.

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1 7 Ways to Enhance Your Spiritual Health and Well-Being

2 Quick Tip 1: Companion Animals and Healthy Aging

3 Quick Tip 2: T'ai Chi for Balance

3 4 Foods for a Healthy Brain

4 Recipe: Salmon Teriyaki

Quick Tip¹

Companion Animals and Healthy Aging

Sharing your life with companion animals offers many health benefits, especially for those who live alone. Pets of all kinds can instill a sense of well-being; help lower blood pressure; decrease the likelihood of depression in older adults; and increase self-esteem. In addition, a canine-specific advantage is that they can provide motivation to take daily walks, which is good for the creatures on both ends of the leash. Consider adopting an animal from a local shelter to enjoy a better life for you both!



Add 14 Years to Your Life

continued from p. 1



■ **Eat five servings of fruit and vegetables daily.** The benefits of whole, fresh, organic fruits and vegetables are numerous - they are great sources of vitamins, phytochemicals, phytonutrients, and fiber, all important components of an optimal diet.

■ **Consume alcohol in moderation.** Up to two drinks per day for men and one or less for women appear to have some beneficial health effects, including protecting against coronary artery disease and heart attack; raising levels of HDL, the “good” cholesterol; and reducing an older person’s risk of developing dementia including Alzheimer’s disease. If you don’t drink alcohol, don’t start for health reasons.

7 Ways to Enhance Your Spiritual Health and Well-Being

continued from p. 1

less isolated, and more comfortable with change. Some lifestyle practices that can help enhance your spiritual health and well-being include:

- 1 **Connecting with nature.** Try walking or sitting in a natural setting, whether a city park, a nature preserve or your garden. Allow yourself to slow down, drop your usual routines, and absorb the influence of nature.
- 2 **Create a list of people** in your life who make you feel more alive, happy, and optimistic. Make an effort to spend more time with them. Our spiritual selves resonate with others, and that connection is healing.
- 3 **Bringing flowers** into your home and enjoying their beauty.

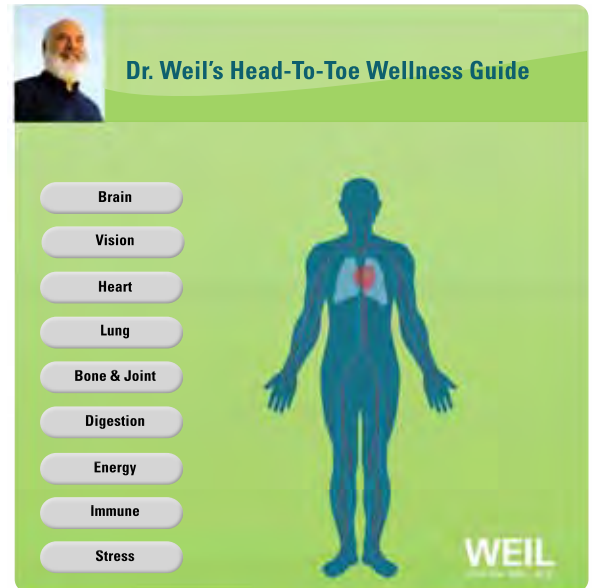


- 4 **Listening to music** that you find inspirational and uplifting.
- 5 **Admiring a work of art** that raises your spirits - a painting, sculpture, or work of architecture.
- 6 **Reaching out and resuming connection** with someone from whom you are estranged; practicing forgiveness.
- 7 **Doing service work.** Give some of your time and energy to help others. The possibilities are endless, and should not be limited to just writing a check to charity.

Dr. Weil's Head-to-Toe Wellness Guide: 4 Foods for a Healthy Brain

Alzheimer's disease and other types of dementia are believed to begin with inflammation in the brain, possibly due to oxidative stress, eating a pro-inflammatory diet, cardiovascular disease and exposure to environmental toxins, all of which can undermine healthy brain function. You can address many of these potential contributors through the foods you eat. Add the following to your diet – they may help to reduce the risk of memory loss and dementia, and promote optimal healthy aging.

- 1 Antioxidant-rich fruits and vegetables.** Antioxidants help counter oxidative stress, a process which can damage cells and may accelerate aging. Fresh, organic vegetables and fruits (especially blueberries and foods rich in vitamins C and E) are the best dietary sources of antioxidants, although tea (in particular green tea) and dark chocolate provide them as well.
- 2 Omega-3 fatty acids.** The omega-3 fats found in salmon (look for wild Alaskan salmon or canned sockeye), sardines and flaxseeds (freshly ground is best) appear to protect against age-related memory loss and Alzheimer's disease. Herring, black cod, fortified eggs, walnuts and hemp seeds are other good sources of omega-3s.
- 3 Turmeric.** Research suggests that turmeric, a major ingredient in American mustard and Indian curry, can reduce the risk of Alzheimer's disease. This may help explain the unusually low incidence of Alzheimer's in India, where people consume significant amounts of turmeric every day.
- 4 Ginger.** This natural anti-inflammatory agent has been linked to a reduced risk of Alzheimer's. Readily available sources include fresh grated ginger, which is often served with sushi, and candied ginger.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes.



Quick Tip²

Tai Chi for Balance

Considered by many to be a gentle martial art, tai chi can be very beneficial to overall health, and provides both mental and physical challenges. Its gentle, continuous and circular movements are practiced while the torso is held straight and upright, exercising every part of the body. The health rewards of practicing tai chi are numerous – it can help strengthen leg muscles; improve posture; promote balance, flexibility, and mobility; increase relaxation and focus; and reduce the risk of falls. Check your listing of local community services and see if a tai chi class is offered in your area.

Salmon Teriyaki

This flavorful, easy to prepare main dish makes a delicious meal when served with a green salad, rice or rice noodles and steamed vegetables. Reserve some of the marinade before adding the fish to use as a sauce for the rice or rice noodles.

Salmon contains substantial amounts of omega-3s, essential fatty acids which reduce inflammation and help protect against heart disease. Try to eat salmon two to three times a week. Other choices that contain generous amounts of omega-3 fatty acids include sardines, herring and mackerel.



INSTRUCTIONS

- 1 Prepare the marinade by mixing the sake, soy sauce (a reduced-sodium variety if you prefer), ginger, garlic and brown sugar together in a small bowl. Reserve 1/4 cup of the marinade.
- 2 Rinse the salmon filets under cold water, place in a glass or ceramic dish and pour the marinade over it. Cover and let marinate in the refrigerator for 1 to 3 hours, spooning the liquid over any exposed parts of the fish once or twice.
- 3 Prepare the grill or preheat the broiler to high heat.
- 4 Remove the fish from the marinade and place on foil on the grill or a broiler pan. Broil or grill until done, being careful not to overcook.
- 5 Pour reserved marinade over fish and serve at once.

Serves 2

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- 1 cup sake (Japanese rice wine)
- 1/2 cup natural soy sauce or tamari
- 1 tablespoon fresh grated ginger
- 2 cloves fresh garlic, pressed
- 1 tablespoon dark brown sugar
- 12-ounce salmon filet, cut in two 6-ounce pieces

NUTRIENTS PER SERVING

- Calories: 315.7
- Protein: 38.1 grams
- Fat: 10.0 grams
- Saturated Fat: 2.1 grams
- Monounsat Fat: 3.6 grams
- Polyunsat Fat: 3.4 grams
- Carbohydrate: 6.9 grams
- Fiber: 0.3 grams
- Cholesterol: 75.6 mg
- Vitamin A: 168.0 IU
- Vitamin E: 1.1 mg/IU
- Vitamin C: 1.7 mg
- Calcium: 73.5 mg
- Magnesium: 69.7 mg

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Women face a unique set of gender-specific health issues, such as breast and ovarian cancer, and even health concerns that men and women share, such as heart disease and diabetes, often manifest differently in women than in men. Fortunately women are more prone than men to schedule regular doctor visits, and more likely to seek medical help if they feel something is wrong, which can help identify health concerns earlier. I recommend women of all ages

follow an anti-inflammatory diet, get daily exercise, and eliminate unhealthy lifestyle habits such as smoking and excessive alcohol consumption. In this issue of *Balanced Living* we cover some common women's health concerns, including osteoporosis and how to prevent it; the link between nutrition and breast cancer, and ways women can tackle heart disease; And don't miss the delicious recipe featuring tofu, which can help protect against both breast cancer and heart disease. Enjoy!

Yours in health,

Andrew Weil, M.D.

Preventing Osteoporosis

Osteoporosis is a loss of bone mass causing the bones to become porous and fragile. Throughout life, bones are constantly being remodeled. After age 30, more bone is lost than can be rebuilt. Eventually, osteoporosis can set in, resulting in brittle, easily fractured bones. There are simple steps all women can take to help minimize the risk of osteoporosis:

1 Eat plenty of vegetables and fruit.

Potassium, magnesium, vitamin C and beta carotene (essential micronutrients found in fruits and vegetables) have been associated with higher total bone mass.



2 Get enough dietary calcium.

This mineral is one of the primary constituents of bone, and adequate intakes are necessary for lifelong bone health. Choose non-fat dairy products or calcium-fortified soymilk and orange juice, and eat sardines (with bones); dark green vegetables including collard greens, bok choy and broccoli; and whole soy based products such as tofu.

continued on p.2

Breast Cancer: 7 Nutrition Tips



Diet and nutrition can play a significant role in the chances of developing breast cancer, especially if you have a family history of the disease. The following dietary practices may help to prevent or lessen the risks - I encourage all women to give them a try:

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Contents

1 Preventing Osteoporosis

1 Breast Cancer: 7 Nutrition Tips

2 Quick Tip 1: Preparing for Menopause

3 Quick Tip 2: Embracing Aging

3 Women and Heart Disease

4 Recipe: Vegetable and Tofu Stir Fry

Preventing Osteoporosis

continued from p.1

3 Eat magnesium-rich foods every day, including spinach, tofu, almonds, broccoli and lentils. Pumpkin seeds and sunflower seeds are also good sources of magnesium, another essential nutrient for maintaining bone.

4 Eat vitamin K-rich foods every day. The best sources are green leafy vegetables (see the calcium-rich greens listed above), but most vegetables are good sources. Talk with your doctor about the effects of vitamin K if you are taking a blood-thinning medication.

5 Decrease your sodium intake. Sodium promotes calcium loss. Avoid salty processed foods and don't salt your food before tasting it.

6 Limit caffeine intake, and avoid alcohol or drink only in moderation. Both alcohol and caffeine intake have been linked to increased risk of fractures.

7 Increase weight-bearing activities, Sodium promotes calcium loss. Avoid salty processed foods and don't salt your food before tasting it.

In addition, women should consider supplementing with vitamin D (2,000 IU daily) and calcium - 700 mg of calcium citrate in two divided doses taken with meals for a total of 1,000-1,200 mg from all sources (including diet).

Breast Cancer: 7 Nutrition Tips

continued from p.1

1 Keep your fat content low. Below 25 percent of your daily calories is ideal.

2 Avoid animal fats, polyunsaturated fats (many vegetable oils), and hydrogenated oils (margarines and vegetable shortenings) - promote inflammation and can increase cancer risks.

3 Use healthy fats: monounsaturates such as extra virgin olive oil, freshly ground flaxseed and oily fish such as wild Alaskan salmon and sardines (which are rich in omega-3 fatty acids) may reduce your risk of breast cancer.



4 Include whole soy products in your diet. Soy foods contain many cancer-protective substances, including isoflavones. Try to eat one to two servings of whole soy-based foods a day.

5 Avoid alcohol. Even in modest amounts, alcohol consumption is associated with an increased risk of breast cancer.

6 Minimize your consumption of conventionally raised meat, poultry, eggs, and dairy products. Replace with organic, hormone-free versions and use sparingly.

7 Eat more fruits and vegetables! They contain many different cancer-protective phytonutrients.

Quick Tip¹

Preparing for Menopause

Mental attitude, more than any other factor, determines how well a woman passes through menopause. Instead of seeing it as a tragic end to youth, fertility and sexuality, try to approach it as simply the natural transition to the next phase of life, making it more readily accepted and the symptoms more easily handled. Following an anti-inflammatory diet, getting adequate aerobic exercise, and practicing relaxation exercises may help address the many practical problems that menopause can bring, and communicating with others about your experience may help make menopause less traumatic.



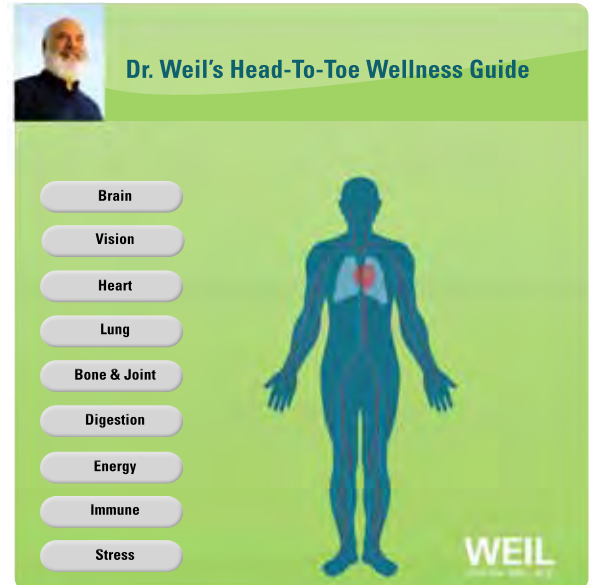
Dr. Weil's Head-to-Toe Wellness Guide: Women and Heart Disease

Think that heart disease is a "man's disease"? Think again. Heart disease kills more women over age 65 than all types of cancer combined. Unfortunately, women are more likely to die or be disabled after a heart attack or have a recurrent heart attack, and less apt to receive aggressive, life-saving treatment than are men. Take the following steps to lower your risk of having heart problems:

- 1 Address the big issues.** High cholesterol, high blood pressure, and diabetes all increase the chances of heart disease, and women may be more sensitive to these risk factors than men. If you have any of these conditions, get them under control with lifestyle changes and, if necessary, medication.
- 2 Don't smoke.** More than half of heart attacks in younger women are related to smoking, and smokers who take birth control pills are at even higher risk. Quit now and reduce your risk of heart attack by one-third within just two years.
- 3 Stay trim.** Extra pounds strain the heart and arteries - if you are overweight or obese, you can lower your risk by losing just 5 to 10 percent of your current weight.
- 4 Move more.** Your heart is a muscle and needs exercise to stay in shape, just like any other body part. Regular physical activity can help regulate cholesterol levels, lower blood pressure, prevent diabetes, and reduce stress. Aim for at least 30 minutes a day of aerobic activity on most days of the week.



- 5 Take diet to heart.** Follow a heart-protective eating plan that's low in saturated and trans fats and animal foods and high in fruits, vegetables, whole grains, monounsaturated fat (found in olive oil), and omega-3 fatty acids (in salmon, sardines, and other fish).
- 6 Ask about aspirin.** Daily low-dose aspirin therapy can lower the risk of heart problems in some people at high risk; ask your physician if it's right for you.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!



Embracing Aging

Instead of focusing on the lines on your face, think about all you have experienced, learned and enjoyed in your life, and what you still want to accomplish. Start by writing your ethical will. Set aside 10 minutes in your daily schedule to devote to journaling and write about your life: your hopes and dreams, your accomplishments, your goals, your experiences. Consider the people in your life who have influenced you in positive ways, and include them in your memoirs.

Vegetable and Tofu Stir Fry

The idea behind stir-frying is to produce a mixture in which all the items are crunchy-tender and retain their colors and individual character. While a steel wok is the ideal pan for making stir-fry dishes because it distributes heat evenly, large flat skillets are nearly as effective. The important part is to stir the ingredients constantly over high heat. Also, as tofu is very perishable, store any unused portions in fresh water in the fridge and change the water daily. Just note that it will only last about a week.



Food as Medicine

One of the healthiest changes you can make in your diet is to incorporate whole soy foods on a regular basis. Soy is rich in protein, iron and compounds called isoflavones, which seem to protect against hormone-driven cancers such as prostate cancer in men and breast cancer in women. Soy also helps protect your heart.

INSTRUCTIONS

- 1 Slice the tofu in 1/2 inch slices. Press between layered paper towels or clean kitchen towels to dry well. Cut slices into 1-inch cubes. Arrange on a plate with prepared vegetables, separated by variety.
- 2 Combine sauce ingredients except for arrowroot powder in a small bowl and stir until sugar is dissolved. Mix arrowroot powder with just enough cold water to dissolve in a custard cup or teacup (you'll use less than 2 tsp water). Add to sauce, stir well and set aside.
- 3 Preheat a wok or large skillet. Add the canola oil and vegetables (add the sturdier vegetables first, adding the more tender ones like mung bean sprouts later) and cook over medium-high heat until just crisp tender, stirring constantly.
- 4 Add the tofu and stir very carefully until the tofu is heated. Stir sauce and pour around edge of wok. Stir vegetables around in sauce as it thickens. Remove from heat as soon as sauce is thickened and serve over rice.

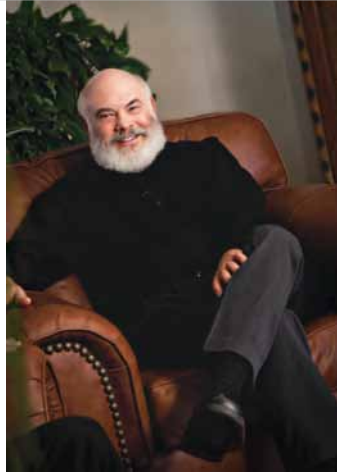
INGREDIENTS

- 1 pound firm tofu
- 8 cups sliced vegetables (we suggest yellow onions, carrots, peppers, mushrooms, celery, broccoli, asparagus, mung-bean sprouts, bamboo shoots)
- 1 tablespoon expeller-pressed canola oil
- 2 cups cooked rice

SAUCE

- 1/4 cup dry sherry
- 1/4 cup natural soy sauce (low sodium if you prefer)
- 2 cloves garlic, pressed
- 2 tablespoons light brown sugar
- 1 tablespoon finely chopped ginger root
- 1 teaspoon toasted sesame oil
- 1 teaspoon arrowroot powder

Depression is quickly becoming an epidemic. An astonishing 10 percent of the U.S. population was prescribed an antidepressant in 2005 (the most recent year for which figures are available) up from six percent in 1996. While true depression may indeed be on the rise, I think a significant percentage of this increase is due to focused efforts by the pharmaceutical industry. Direct-to-consumer ads aim to persuade viewers that normal, transient sadness is depression, and encourage viewers to request antidepressants from their physicians. Unfortunately, physicians too often comply.



In this issue of *Balanced Living*, we focus on ways to improve your mental health and mood without drugs. While antidepressants are useful and necessary for some people, there are healthier ways to treat mild-to-moderate depression including aerobic exercise, meditation and omega-3-rich foods, that most people should try first. Read on to learn more!

Yours in health,

Andrew Weil, M.D.

Checklist: De-Stressing Your Home

Your home - whether big, small or in between - should be your sanctuary, a place where stress is left at the door and your soul is nurtured. For a more comforting environment:

- **Bring the outdoors in.** Green plants, cut flowers and blooming bulbs, or pieces of wood, rocks and other organic elements can create a feeling of nature indoors.

continued on p.2

Are You Depressed?

Depression affects about 340 million people worldwide. Situational depression - typical and normal reaction to events, such as a recent loss - is simply part of the human experience and can be worked through with help from psychotherapists or counselors.

Clinical depression, a more serious medical diagnosis, can also be triggered by a sad event, but it grows out of proportion to the situation and persists longer than appropriate, affecting emotional health and interfering with day-to-day activities. Clinical depression often requires other forms of treatment in addition to counseling and therapy.

Common symptoms of depression include a sullen mood; feelings of hopelessness, guilt and anxiety; loss of interest in things that used to be pleasurable; change in appetite; change in sleeping patterns; inability to concentrate; and a lack of energy or feeling run-down.

In addition to following your doctor's recommendations, talking with a therapist and following a well-balanced diet, I suggest:



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1 Are You Depressed?

1 Checklist: De-Stressing Your Home

2 Quick Tip 1: Simple Steps to Getting Happy

3 Quick Tip 2: A Natural Energizer for Mind and Body: Exercise

3 Omega-3s for Optimal Health

4 Recipe: Grilled Salmon with Mustard Sauce

Quick Tip¹

Simple Steps to Getting Happy

Expressing optimism is associated with a variety of health benefits including better immune function and reduced risk of chronic diseases. If you find yourself slipping into habitual pessimism, take care of your inner self. Start by eating a healthy diet, exercising regularly and getting adequate sleep. Focus on expressing your emotional reactions honestly so you can effectively deal with what's bothering you; confiding in someone you trust; and viewing the cup as half full instead of half empty!



Checklist: De-Stressing Your Home

continued from p. 1

■ Paint a room to suggest a mood.

For instance, blue and green promote relaxation and may be good choices for the bedroom, while warm colors (maroon, coral, burgundy) suggest energy and socializing, and may be inviting in a family room.

■ Surround your senses with beauty.

Artwork, fragrance, smooth textures and calming sounds all provide a pleasant environment in which to relax.

■ Set aside a room or area for peace and calm.

A place for spiritual reflection and meditation can provide shelter from noise and distraction.

■ Clean out clutter.

A low-maintenance home is refreshing after a day of hectic meetings, errands and chores. Fewer items can mean less frustration.



■ Create an atmosphere of love.

Television shows and magazines often feature decorating schemes that are as impersonal as hotel rooms. Don't be swayed; feel free to display handmade or meaningful gifts from loved ones and photos of family and friends.

Are You Depressed?

continued from p. 1

- 1 Regular aerobic exercise.** For rapid relief from depression, there is no better method. Get 30 minutes of continuous physical activity at least five days a week.
- 2 A medication check.** Make sure you are not taking any medications that may contribute to depression. Examples include barbiturates, statins and beta-blockers.
- 3 Cutting out caffeine.** Addiction to coffee and other forms of caffeine often interferes with normal moods and can aggravate depression.



- 4 Acupuncture.** This traditional Chinese therapy has proven itself to be very useful in treating several mood disorders, including depression.
- 5 Meditating.** This eastern tradition requires long-term commitment and does not produce immediate results, but can help get to the root of depression.

Dr. Weil's Head-to-Toe Wellness Guide: Omega-3s for Optimal Health

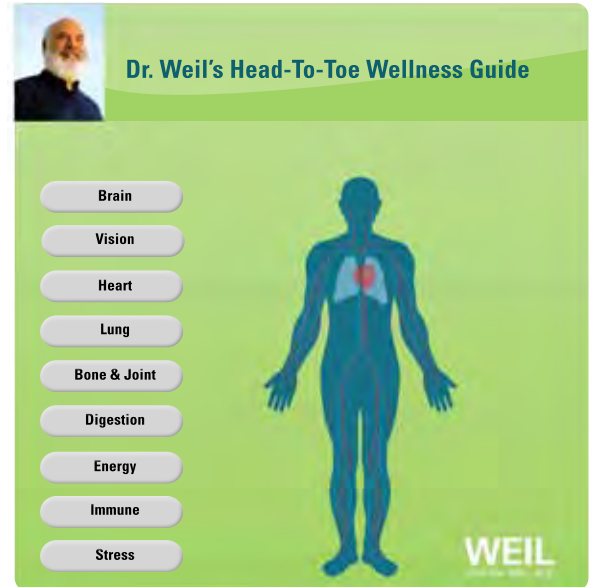
Most Americans are deficient in omega-3 fatty acids - the anti-inflammatory, essential fats found naturally in cold-water, oily fish. Omega-3s are necessary for optimum health, and their activity in the body can help reduce the risk of cardiovascular disease, cancer, inflammatory disorders, and mental and emotional problems. Dr. Weil recommends eating several servings of oily fish, such as wild Alaskan salmon, per week, but if fresh or frozen wild Alaskan salmon is not in your budget, try these economical choices:

■ **Canned sockeye salmon.** Sockeye salmon is always wild-caught and costs less than fresh or frozen salmon. The canning process adds another benefit - it softens the bones, making them an edible source of calcium.



■ **Canned sardines.** Another fish-based source of omega-3s, choose sardines packed in water or olive oil.

■ **Walnuts and freshly ground flaxseed.** Daily low dose aspirin therapy can lower the risk of heart problems in some people at high risk; ask your physician if it's right for you.



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Join DrWeilonHealthyAging.com for access to an enhanced version that includes links to related recipes!

Quick Tip²



A Natural Energizer for Mind and Body: Exercise

Want to get energized, healthy and help improve your outlook? Take a hike! Regular physical activity, and especially workouts that include a combination of aerobic exercises, strength training and stretching, can help address the effects of daily stress. Putting the body through its paces influences neurotransmitters, such as serotonin and endorphins, that boost mood naturally. Yoga, hiking, walking, swimming and lifting light weights are all effective ways to help maintain energy and cultivate an upbeat disposition.

Grilled Salmon with Mustard Sauce

Here is simple grilled salmon dressed up with a strongly flavored sauce that complements the natural oiliness of the fish. And unlike many sauces recommended for fish, this one is very low in fat. (Salmon is full of healthful omega-3 fatty acids and certainly does not need to be cooked with butter or served with any additional fat.) Dr. Weil prefers salmon fillets to bony salmon steaks, and likes them to be moist when cooked, never dry.



Food as Medicine

Salmon is an excellent source of omega-3 fatty acids. Choose wild-caught Alaskan salmon to avoid potential contaminants in farm-raised fish.

INSTRUCTIONS

- 1 Rinse the fillets under cold running water and pat them dry. Squeeze the juice from 1/2 lemon over the fillets, then season them with salt and pepper.
- 2 Preheat grill or broiler.
- 3 Meanwhile, prepare the sauce: Whisk together the mustard, olive oil and dill in a small bowl. Add the basil and the juice from the other 1/2 lemon, mixing well.
- 4 Grill the fish on high heat or broil until desired doneness, but do not overcook. Spoon the sauce over the fish and serve immediately.

Serves 4.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- 4 salmon fillets (about 6 ounces each)
- 1 lemon, cut in half
- Salt and freshly ground black pepper to taste

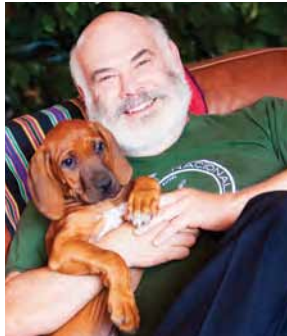
SAUCE

- 1/2 cup Dijon mustard
- 1 teaspoon extra virgin olive oil
- 3 tablespoons chopped fresh dill,
or 1 tablespoon dried dill
- 1 handful chopped fresh basil

NUTRIENTS PER SERVING

- Calories 236
- Fat 8.5 g
- Saturated fat 1 g (32% of calories from fat)
- Protein 36 g
- Carbohydrate 3 g
- Cholesterol 88 mg
- Fiber 1 g

The end of a year can be a time of reflection, as well as a time of inspiration. This edition of *Balanced Living* takes both into account. I present some of my favorite articles from the past year, ones that provide actionable advice for a healthier you in 2011 and beyond, including natural ways to boost energy levels and prevent Alzheimer's disease. I'm also happy to provide new information, including simple ways to achieve a healthy weight and a recipe for a company-worthy holiday dessert that is both healthful and delicious.



I encourage you to take time this month to reflect on the past year and what you've experienced and learned. Then, join me in formulating a "healthy you" plan for 2011.

Yours in health,

Andrew Weil, M.D.

4 Ways to Boost Your Energy



Food has the ability to affect our energy levels in a variety of ways. It ultimately provides the fuel that allows our bodies to function, and supplies the nutrients necessary to support the complex metabolism of the human body. To help boost your energy levels, look to your plate - and add these foods:

- 1 **Beans.** Along with other legumes such as lentils, all beans are rich in fiber, which slows the release of insulin, allowing a steady supply of energy rather than a big spike in blood sugar after a meal.
- 2 **Oatmeal.** It slows digestion, helps keep blood-sugar levels stable and provides B vitamins - micronutrients essential to

continued on p.2

Achieving a Healthy Weight

According to the Centers for Disease Control and Prevention, 30 percent of adults in the United States - over 60 million people - are obese. If you are overweight or obese, losing (and keeping off) five to 10 percent of your body weight can have very positive effects on your health, from helping to prevent or lessen the risk of heart disease and diabetes, to increasing energy levels and improving your mobility. You can better your odds of reaching and maintaining a healthy weight with the following:

- **Weigh in regularly.** Studies suggest that you're more likely to succeed at weight loss if you continue to weigh yourself daily. This allows you to track changes and take immediate action to reverse any trend toward weight gain.
- **Keep records.** Clinical trials have demonstrated that people can reduce food intake by up to 40 percent just by writing down what they eat.



- **Be mindful.** When you eat, focus on slowing down, expressing gratitude for the food, and paying attention to feelings of fullness. Focus on enjoying the flavors, aromas and textures of your meals, rather than eating just to eat.

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1 4 Ways to Boost Your Energy

2 Quick Tip 1: The Value of Napping

3 Quick Tip 2: For Your Heart: Exercise and Weight Loss

3 6 Steps to Prevent Alzheimer's Disease

4 Recipe: Tart Cherry-Apple Crunch

Quick Tip ¹



The Value of Napping

Studies on sleep and the opinions of sleep experts are compelling: napping has value. People who nap generally enjoy better mental health and mental efficiency than people who do not, and the quality of their nighttime sleep tends to be improved as well. Start making 20-minute naps a priority, taking them when you can. Keep in mind that napping can mean just taking a break; it is not doing that encourages refreshment and renewal on both the physical and mental levels.

4 Ways to Boost Your Energy

continued from p.1

convert carbohydrates into energy. Choose steel-cut or Irish oatmeal as it is minimally processed and closer to its whole state.

- 3 Water.** Dehydration is a common cause of fatigue, so be sure you're drinking adequate amounts of good-quality water throughout the day, especially during exercise or hot weather. Avoid alcoholic and caffeinated drinks, which can promote dehydration and ultimately sap energy.

Achieving a Healthy Weight

continued from p.1

- **Eat like the French.** The French attitude toward food includes serving smaller portions, eating only at mealtimes (snacking is frowned upon), eating a wider variety of food, and not skipping meals - all of which can result in consuming fewer calories.
- **Check your stress.** Mind-body approaches such as meditation, yoga and breath work can all help manage unhealthy stress, which can be caused by (and lead to) weight gain.



- **Get your zzzs.** Evidence shows that getting less than five hours of sleep per night can raise the risk of obesity by almost twofold, possibly due to hormonal changes caused by sleep deprivation, which may increase appetite.
- **Get support.** The buddy system has many advantages over going it alone, especially for people trying to achieve a healthy weight through daily exercise.

- 4 Vitamin C-rich foods.** People with higher blood levels of vitamin C appear to have more energy than those with lower levels. This could be because vitamin C influences the production of L-carnitine, an amino acid that helps your body burn fat for energy. Oranges and other citrus fruits, kiwis, bell peppers, broccoli, strawberries and cantaloupe are good natural sources of vitamin C.



Dr. Weil's Head-to-Toe Wellness Guide:

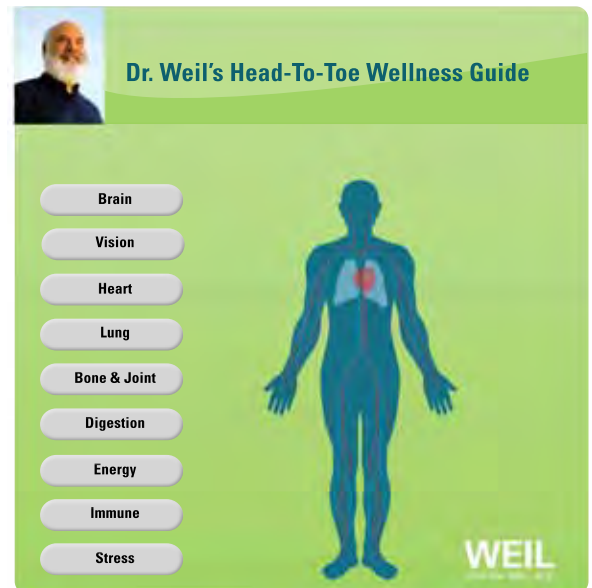
6 Steps to Prevent Alzheimer's Disease

The most common form of senile dementia - a progressive decline in mental ability, affecting memory, thinking, judgment, attention span and learning - results from Alzheimer's disease. The exact cause of Alzheimer's disease remains unclear, but the chances of developing the condition seem to double every five years after age 65. While there is nothing to be done about growing older, these healthy lifestyle habits, along with eating a healthy diet, can help lower your risk of developing this potentially devastating condition:

- 1 Get 30 minutes of physical activity per day.** Regular physical exercise, especially aerobic exercise, can help slow memory loss and improve mental function. For an added punch, do something mentally stimulating during exercise, such as reciting the names of old friends while cycling or singing songs while walking.
- 2 Address cardiovascular risk factors,** especially elevated blood pressure. It is the greatest single risk factor for multi-infarct dementia - that is, dementia caused by a series of small strokes.
- 3 Neutralize your stress.** Studies show that maintaining a positive attitude and emotional state may help ward off cognitive decline.
- 4 Learn to relax.** Practicing regular relaxation techniques such as meditation or yoga can help.
- 5 Stay involved.** Social activities, involvement in faith-based groups and community, meaningful relationships and service work all seem to be protective of cognitive function.



- 6 Get proper rest and sleep.** The body needs rest, both to balance physical activity and to recharge the mind. Being passive, taking in your surroundings without reacting and simply "not doing" are valuable practices and necessary for optimum health.



Dr. Weil's Head-to-Toe Wellness Guide covers nutrition, lifestyle and supplement information for nine different health categories.

Join DrWeilOnHealthyAging.com for access to an enhanced version that includes links to related recipes!

Quick Tip²



For Your Heart: Exercise and Weight Loss

Regular, moderate exercise helps maintain the health of blood vessels, strengthens the heart muscle itself and can help reduce heart disease risk factors including high cholesterol, high blood pressure, insulin resistance, stress and excess weight. Aim for 30 minutes a day of moderate aerobic activity on most days of the week. For individual guidance, consult a personal trainer.

Tart Cherry-Apple Crunch

Great desserts start with real fruit, especially plump, tart cherries and fresh-picked apples. And the walnuts aren't just for crunch, they provide a healthy dose of essential omega-3 fatty acids.



INSTRUCTIONS

- 1 Preheat oven to 400 degrees F.
- 2 In a bowl, toss together the cherries, apple, brown sugar and almond extract.
- 3 In a cup, mix the cornstarch and juice and add to the fruit mixture, stirring well.
- 4 Pour the mixture into an 8-inch square baking dish sprayed with nonstick cooking spray.
- 5 Mix together the remaining ingredients. Crumble the mixture on top of the fruit.
- 6 Bake for 30 minutes. Raise heat to broil and brown topping lightly for 1-2 minutes. Remove from oven. Serve warm or cold.

Serves 6.

This recipe and dozens more are available at DrWeil.com.

INGREDIENTS

- 1 pound frozen pitted tart cherries
- 1 green apple, cored and diced
- 1/4 cup light brown sugar, packed
- 1/2 teaspoon almond extract
- 1 1/2 tablespoons cornstarch or arrowroot powder
- 1/2 cup unsweetened cherry or apple juice
- Nonstick cooking spray
- 1/4 cup old-fashioned rolled oats
- 1/4 cup brown sugar
- 1/4 cup walnuts, chopped
- 2 tablespoons whole-wheat pastry flour
- 3 tablespoons grape seed oil
- 1/4 teaspoon salt (optional)

NUTRIENTS PER SERVING

- Calories: 224
- Protein: 2 grams
- Fat: 9 grams
- Saturated Fat: 1.1 grams
- Monounsaturated Fat: 5.4 grams
- Polyunsaturated Fat: 1.7 grams
- Carbohydrate: 37 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Vitamin A: 589 IU
- Vitamin C: 3 mg
- Calcium: 32 mg
- Magnesium: 24 mg
- Potassium: 293 mg
- Sodium: 7 mg



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