

Dr. Weil's Balanced Living

Your Guide to Living Life Fully



Combating Stress:

Best Foods
Common Stress Triggers
Supplements to Consider

9 Ways to Naturally Boost Your Immune System!

Heart Health:

Simple Tips for Managing Cholesterol
4 Ways to Prevent Heart Attacks

Going Organic Made Easy!

Living to 100:

Healthy Habits to Follow
for a Long Life

Natural Treatments for Common Ailments

Catching Cancer:

Common Signs, Protective Foods
and more...

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**New. Mega-Mushroom Skin Relief
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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

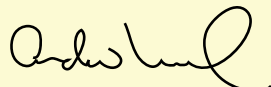
Dear Reader,

I'm delighted to welcome you to this *2011 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.

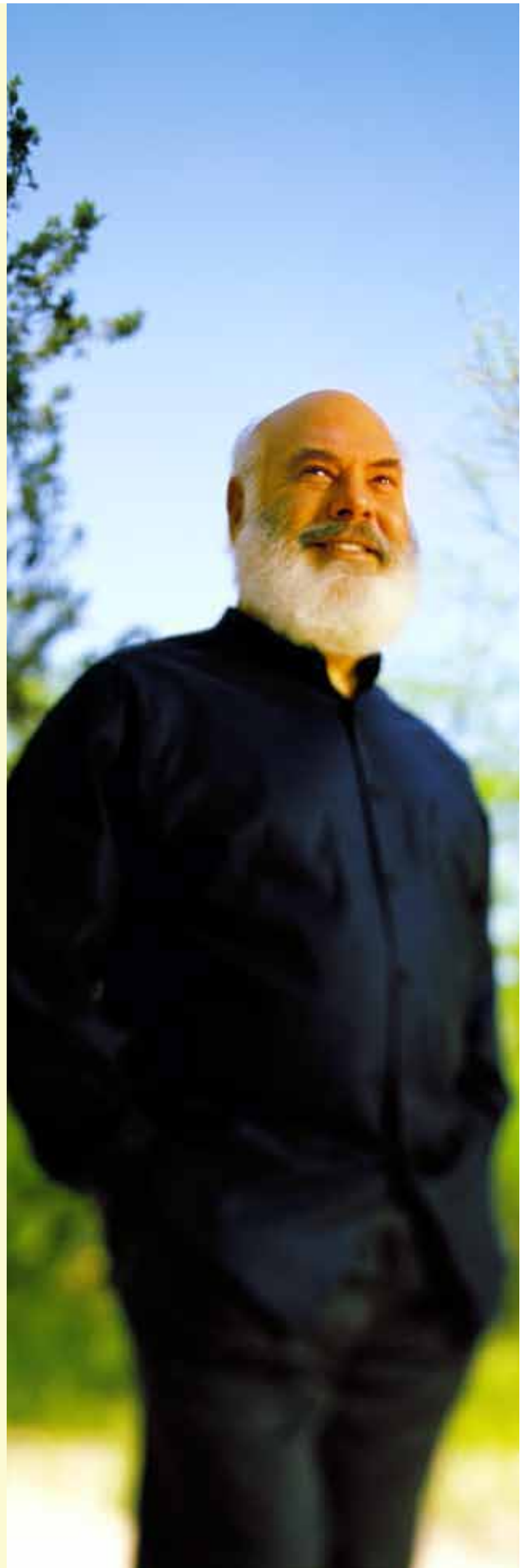
Within this annual edition we'll examine the immune system and foods that boost it to help support and maintain healthy function. We'll explore the Anti-Inflammatory Diet and what makes it the ideal way for a lifetime of optimum nutrition. We'll look at stress and ways to create a calm environment to combat and manage stress in your life. And we'll take on supplements, focusing on ways to get the vitamins your body needs to maintain healthy function and when to take supplements.

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

Yours in Health,



Andrew Weil, M.D.



Contents

Balanced Living Annual - Andrew Weil, M.D., Editor; Brad Lemley, Editorial Director; Kara Gonos-Collins, Managing Editor; Brian Becker, Medical Editor; David Hart, Designer

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Spontaneous
Happiness

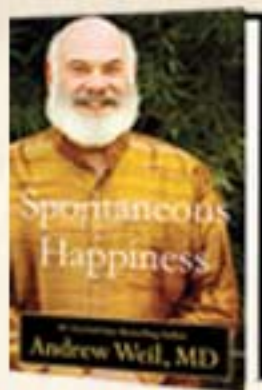


Are You at Emotional Sea Level?

Find out - join Dr. Weil's new website,
Spontaneous Happiness, for gentle, natural
therapies that can elevate your mood.

**Try it for free with
3 easy steps!**

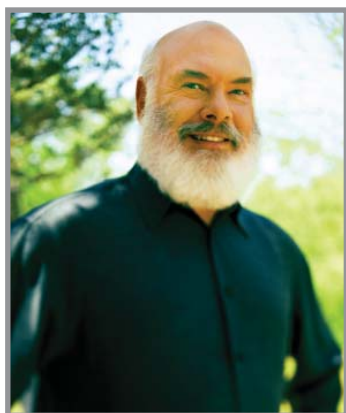
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*I created the
Weil Foundation
as a long-term
funding mechanism for
the advancement
of integrative
medicine through
training, research, the
education of the public,
and policy reform.
I believe the day is coming
when all doctors will
be routinely trained 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 \$3 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.

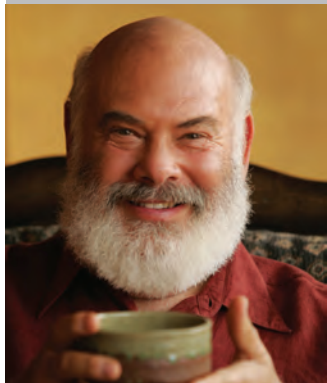
The Strategy

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.

www.weilfoundation.org



Feeling like your body's defenses are under assault? Crowded cities and frequent travel can expose you to more environmental toxins and germs than people had to deal with in the past. Your frontline interface with the environment is your immune system, and a healthy one is fundamental to well-being. Use this issue of *Balanced Living* to learn

more about protecting and strengthening your natural defenses. It includes information on healthy nutrition, quality exercise and rest; how-to's on stress reduction and cultivating healthy emotional states; information on preventing colds; and a recipe that includes immune-boosting ingredients. Make the suggestions part of your everyday health plan!

Yours in health,

Andrew Weil, M.D.

Support for a Healthy Immune System



A healthy immune system allows you to interact with germs and not get infections; encounter allergens and not have allergic reactions; and live more safely in a world where exposure to carcinogens is part of daily life. Our innate healing system is complex, but simple lifestyle habits can help keep it in tip-top shape:

- 1 Maintain good oral hygiene.** Infections of the mouth, teeth and gums can use up a lot of the body's immune resources.
- 2 Use antibiotics only when absolutely necessary** and avoid immunosuppressive drugs, using them only when there are no other alternatives left to consider.

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Foods for Immune Health

Your diet can help support and maintain healthy immune function. Give these suggestions a try!

- 1 Follow an anti-inflammatory diet.** Its focus on inflammation-moderating foods can help maintain immune resources and direct them appropriately.
- 2 Eat garlic.** Aim for a clove of fresh garlic a day - raw, if you can, or lightly cooked.
- 3 Drink green tea.** If you're a coffee drinker, substitute green tea for some or all of your daily coffee (if you prefer decaf, choose decaffeinated green tea).
- 4 Increase your intake of Asian mushrooms.** Shiitake, enoki-dake, maitake and oyster mushrooms contain compounds that can enhance immune function.
- 5 Eat healthy fats.** Avoid polyunsaturated vegetable oils and foods that contain trans-fatty acids, and replace with a high-quality extra virgin olive oil.



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1 Support for a Healthy Immune System

2 Quick Tip 1: Managing Stress for Immune Health

3 Quick Tip 2: Best Exercise for Immune Health

3 Preventing a Cold

4 Recipe: Garlic Broth

6 Eat plenty of fresh (preferably organic), whole fruits and vegetables.

Aim for a variety of colors, from greens to bright reds and yellows. The natural antioxidants these foods contain help boost the immune system.

7 Focus on foods rich in vitamin C.

This powerful antioxidant plays a central role in the repair and regeneration of tissues and helps protect cells throughout the body. Good dietary sources of vitamin C include broccoli, cantaloupe, kiwi, oranges, peppers, pineapple, pink grapefruit and strawberries.

8 Drink several glasses of good-quality water each day to help keep your mucous membranes moist - these tissues are a first line of defense against inhaled pathogens.

9 Minimize your consumption of sugar and alcohol. Both can compromise the function of white blood cells and other immune tissues.



Support for a Healthy Immune System

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3 Take a daily antioxidant. A quality antioxidant supplement can help fill nutritional gaps (even in a healthy diet) and help support overall health, including immune function.

4 Consider immune-supportive herbs, such as astragalus, echinacea and arctic root.



5 Get moderate exercise. Daily physical activity helps keep every tissue in the body healthy and can raise levels of natural killer cells, a primary defense against cancer.

6 Get plenty of rest. Lack of sleep and too much stress can weaken the efficiency of the body's immune system.

7 Keep a lid on stress. Chronic overstimulation of the sympathetic nervous system is often the consequence of our reaction to daily challenges. The result is similar to chronic inflammation, in that stress can contribute to diseases and disorders including immune suppression. Try the exercise and stress management tips in this issue's Quick Tips.

Quick Tip¹



Managing Stress for Immune Health

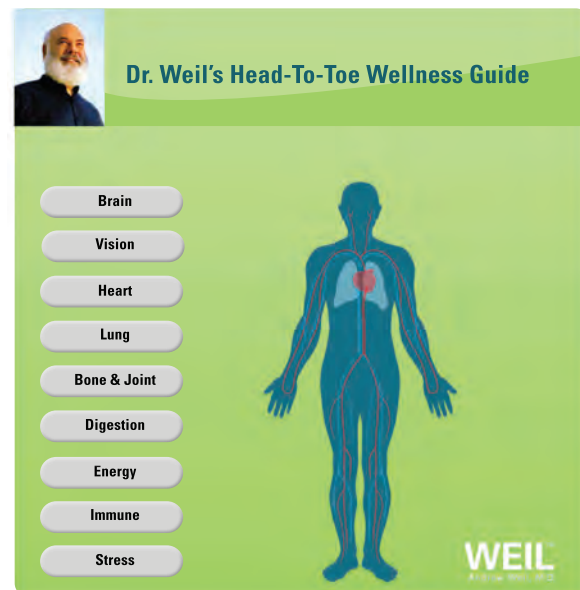
Day-to-day challenges can increase levels of stress hormones such as cortisol, which can weaken the immune system, leading to a host of health issues. Help manage stress levels by writing out your thoughts in a journal, taking a "news fast" (avoiding the news on TV, the internet, papers and magazines) and practicing relaxation techniques such as breathing exercises and visualization. Also, make it a point to stay socially active and to cultivate a positive outlook - both can lead to a healthier and longer life!

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

Even with the best dietary and exercise measures aimed to keep your immune system healthy, the common cold can still strike. With more than 200 different viruses ready to attack, there are untold opportunities to suffer a seasonal malady. Consider the following suggestions to help minimize the chance of catching a cold:



- 1 Wash your hands frequently** with hot or warm water and soap, especially when you have been in public areas or around someone who has a cold.
- 2 Avoid touching your nose or eyes,** as this may transmit respiratory secretions picked up from surfaces or the air to vulnerable tissues.
- 3 When possible, avoid people who have a cold** until the fifth day of their illness, when they should be less infectious.
- 4 Eat two cloves of raw garlic,** which have antiviral properties, at the first sign of a cold. Try chopping the garlic and mixing it with honey if the taste is too strong on its own.
- 5 Stay hydrated,** which keeps nasal passages moist, making them better defenders against viruses.



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!

Quick Tip²



Best Exercise for Immune Health

Regular physical activity strengthens our natural defenses, in part by maintaining good circulation. Walking is a perfect exercise: it challenges and tones almost every major organ in the body, including the immune system. It requires no special equipment, and just about anyone can do it. Aim for 30-45 minutes of moderate intensity most days of the week - look for indoor walking tracks or clubs if weather in your region is inclement; otherwise enjoy walking outdoors!

Garlic Broth

Garlic is an herb with remarkable medicinal properties - and it tastes great, too. It acts as a cardiovascular tonic, lowering blood pressure and cholesterol levels and inhibiting blood clotting. It's also a powerful germicide and may even protect against some carcinogens. Sip a warm mug of this flavorful broth as is or use it as a base for other soups.

You can buy vegetable stock or make your own - we've included a recipe for home-made vegetable stock below.

VEGETABLE STOCK INGREDIENTS

- 2 medium leeks
- 4 onions
- 6 carrots
- 3 stalks celery
- 1 small bunch parsley stems
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons large-leaf marjoram
- 1/2 teaspoon dried thyme
- 3 Turkish bay leaves (or 1/2 California bay leaf)
- 1 1/2 gallons cold purified water

VEGETABLE STOCK INSTRUCTIONS

- 1 Wash and trim the leeks and chop along with the onions, carrots, celery and parsley.
- 2 Heat the olive oil in a large pot, add the vegetables and stir-fry to brown lightly. Add 1 1/2 gallons of cold water. Also add the marjoram, thyme and bay leaves.
- 3 Bring to a boil, reduce heat and simmer, partly covered, for 1 hour.
- 4 Strain the stock through a fine sieve or a cheesecloth-lined colander. Press or squeeze the vegetables to extract their liquid. Discard the vegetables and cool, chill, or freeze the stock.



GARLIC BROTH INGREDIENTS

- 8 cups vegetable stock
- 1 1/2 tablespoons extra-virgin olive oil
- 1 whole head garlic, cloves peeled and coarsely chopped
- 1 bay leaf
- 1/4 teaspoon dried thyme
- Pinch dried sage
- Salt to taste

GARLIC BROTH INSTRUCTIONS

- 1 To the vegetable stock, add the olive oil, bay leaf, garlic, thyme and sage.
- 2 Bring to a boil, reduce heat, cover and simmer for 30 minutes. Add salt to taste.
- 3 Strain and serve.

Serves 4.

NUTRIENTS PER SERVING

- Calories: 110.0
- Protein: 5.5 grams
- Fat: 5.2 grams
- Saturated Fat: 0.7 grams
- Monounsaturated Fat: 3.7 grams
- Polyunsaturated Fat: 0.5 grams
- Carbohydrate: 11.0 grams
- Fiber: 0.4 grams
- Cholesterol: 0.0 mg
- Vitamin A: 14.4 IU
- Vitamin E: 0.6 mg/IU
- Vitamin C: 6.6 mg
- Calcium: 52.9 mg
- Magnesium: 19.7 mg

As the leading cause of death in both men and women, heart disease is not something to take lightly. While having a personal or family history of heart disease can influence your risk of heart-related illnesses, most people can dramatically improve their cardiovascular fitness and resistance to heart disease through simple lifestyle changes.



February is American Heart Month, and this issue of *Balanced Living* focuses on all things cardiovascular: cholesterol ratios and the dietary changes that can positively influence them, simple tips for preventing a heart attack, ways to lower your sodium intake and how to recognize the signs of stroke. Plus, we include a recipe that promotes heart health and will warm you up as we await the arrival of spring.

Yours in health,

Andrew Weil, M.D.

4 Ways to Prevent a Heart Attack

Too many Americans place their faith solely in drugs to keep heart attacks at bay. For example, while cholesterol-lowering medications known as statins have value for some people (check with your doctor for advice), a healthy lifestyle is often a more prudent preventive measure. Diet and exercise are key components, and will benefit anyone at risk for a heart attack:

1 Manage the big risk factors.

Quit smoking, and if you have diabetes, high cholesterol or high blood pressure, talk with your doctor about getting them under control.



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Promoting Healthy Cholesterol Levels

Cholesterol can be confusing, so let's break it down: High density lipoprotein (HDL) is known as the "good" cholesterol because it transports excess cholesterol out of the arteries



and back to the liver for eventual elimination from the body. Low-density lipoprotein (LDL) is called the "bad" cholesterol because it delivers cholesterol to organs throughout the body where it then combines with other substances in the walls of arteries to form plaque. Over time, plaque builds up, causing arterial walls to narrow and harden.

Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood. According to the National Cholesterol Education Program, optimal HDL levels are 60 mg/dL or above (levels below 40 mg/dL are associated with a higher risk of coronary heart disease). The current federal recommendation for LDL is 100-129 mg/dL; people at risk for heart disease should aim for 100 mg/dL or lower.

Both HDL and LDL levels are influenced by heredity, diet, weight, exercise, age, gender, alcohol consumption and stress. If you are worried about high cholesterol, simple dietary modifications can help promote healthy levels:

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2 Quick Tip 1: Knowing the Signs of Stroke

3 Quick Tip 2: Clean Teeth for a Healthy Heart

3 6 Ways to Lower Your Sodium Intake

4 Recipe: Barley and Vegetable Soup

Quick Tip¹



Knowing the Signs of Stroke

Knowing the signs of stroke is crucial: prompt treatment helps reduce the damage that can be caused by a “brain attack.” Be aware of these typical stroke symptoms and seek immediate emergency assistance if they are present: Sudden loss of vision in one or both eyes; weakness or numbness on one side of the body or face; difficulty speaking; disorientation, confusion or memory loss; dizziness or loss of balance or coordination; and/or severe headache that comes on suddenly with no apparent cause.

4 Ways to Prevent a Heart Attack

continued from p.1

- 2 Eat a heart-healthy diet.** Avoid trans-fats and include more vegetables, fruits, fermented whole soy products, legumes, whole grains, omega-3 fatty acids and monounsaturated fats. The food choices recommended in Dr. Weil’s Anti-Inflammatory Food Pyramid are a good basis for a heart-healthy diet.
- 3 Get active.** Moderate physical activity helps keep the heart muscle strong and the arteries flexible, lowers cholesterol and blood pressure, increases overall energy and helps elevate and stabilize mood. It can also help you manage your weight - if you are overweight, even modest weight loss can significantly lower cardiovascular risks.
- 4 Manage stress.** Uncontrolled stress can raise levels of blood pressure, cholesterol and homocysteine (an amino acid that, at elevated blood levels, has been linked to cardiovascular disease risk). Practice breath work, meditation, guided imagery, visualization or another relaxation technique; participate in regular moderate exercise (including yoga and tai chi); and stay social and laugh often.

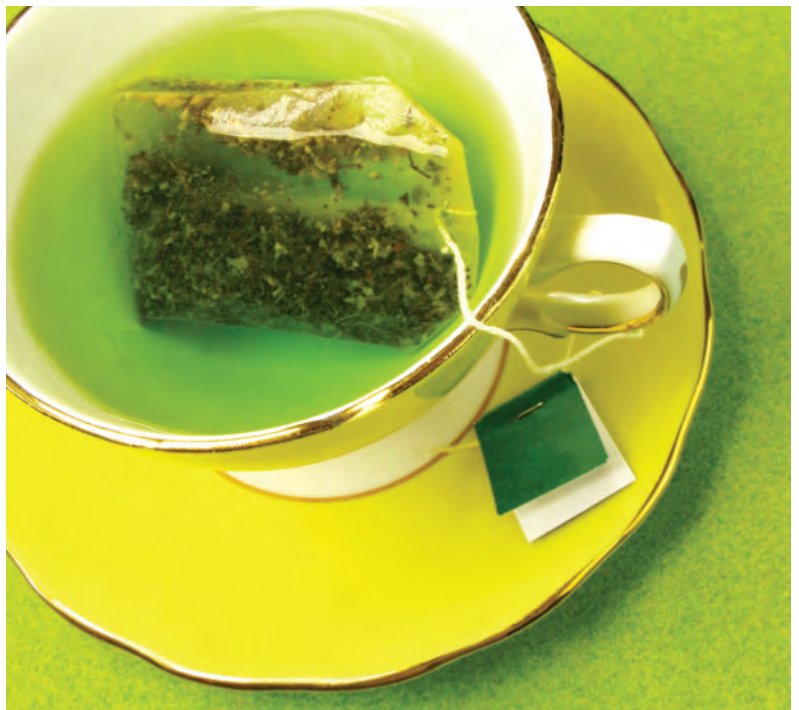
Promoting Healthy Cholesterol Levels

continued from p.1

- **Reduce saturated fat.** This means lowering consumption of red meat and full-fat dairy foods: substitute plant-based protein such as fermented whole soy protein for animal protein and use low- or non-fat dairy products.
- **Avoid trans-fat, which lowers HDL.** Stay away from items that list “partially hydrogenated oil” on the label, especially snack foods such as chips or popcorn. Try baked or air-popped versions instead.



- **Use fresh garlic.** Garlic may have a modest effect in helping to improve cholesterol ratios.
- **Drink green tea.** The antioxidants in green tea help lower LDL cholesterol and triglyceride levels, and prevent the cholesterol in your blood from oxidizing.



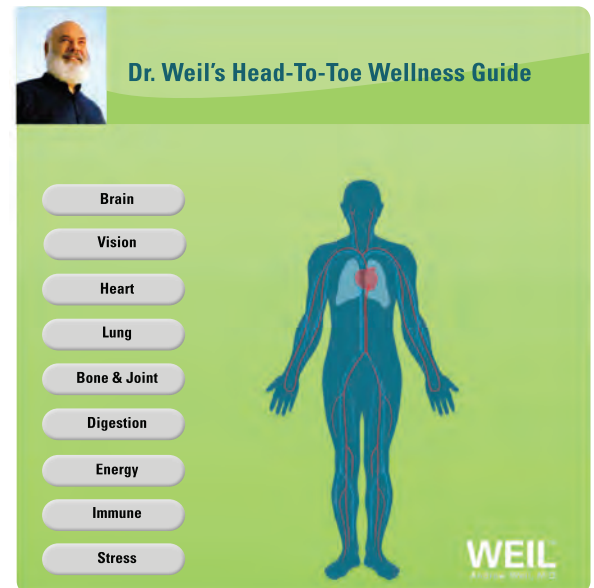
- **Eat plenty of soluble fiber.** It has a powerful LDL cholesterol-lowering effect. The best sources are beans and lentils, apples, citrus fruits, oats, barley, peas, carrots and freshly ground flaxseed.

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

6 Ways to Lower Your Sodium Intake

Humans need only 500 mg of sodium per day, but the average daily intake is over ten times higher: five to six grams. While sodium is necessary for optimal health, excess dietary sodium has been linked to high blood pressure and heart disease. If you consume anywhere near the average amount of sodium, lower your intake with these tips:

- 1 Minimize consumption of processed meals, canned soups and snack items - all tend to be high in sodium.
- 2 Exclude foods with visible salt, such as pretzels, chips and salted nuts.
- 3 Keep the saltshaker off the table. If you don't have easy access to it, you may be less likely to add salt to your food. Also taste foods before you salt them.
- 4 Don't add salt when you cook. Except for baked goods, just salt to taste when you are ready to serve.
- 5 Read the labels - monosodium glutamate (MSG), baking powder, baking soda, sodium nitrate and disodium phosphate all contain sodium.
- 6 Be aware of high-sodium foods that may seem innocent: spaghetti sauce, tomato and vegetable juice, soy sauce, salad dressing and ketchup. Read the nutritional labels and look for reduced- or no-sodium-added varieties.



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!



Quick Tip²

Clean Teeth for a Healthy Heart

Research suggests that the bacteria that cause gum infections can also lead to or worsen atherosclerosis, the arterial disease that can lead to heart attacks and strokes. In addition to good oral habits (brushing your teeth at least twice a day, flossing daily, regular dental checkups and prompt treatment of gum disease), you might also consider toothbrushes incorporating ultrasound - they have been clinically shown to treat gingivitis more effectively than regular toothbrushes.

Barley and Vegetable Soup

Barley has been cultivated since the Stone Age and was fermented to make beer soon after. Folk medicine prescribed the use of barley water as a tonic during convalescence. "Pearl" barley is the name of the grain when it's been polished, after the husk and bran have been removed. It's the form most commonly used in soups. Enjoy this healthful, old-fashioned, hearty soup!



Food as Medicine

Barley is high in healthy carbs, has a moderate amount of protein and contains calcium, phosphorus and B vitamins. With its emphasis on vegetables and absence of meat, this soup is a natural fit for those who want to promote heart health.

INSTRUCTIONS

- 1 In a saucepan, combine the barley and 3 cups of vegetable stock. Bring to a boil over medium heat, cover, and simmer for 1 hour, or until the liquid is absorbed.
- 2 Meanwhile, heat the olive oil in a large pot and add the onion, carrots, celery, and mushrooms. Cover and cook the vegetables for about 5 minutes, until they begin to soften.
- 3 Add the remaining vegetable stock and simmer 30 minutes, covered.
- 4 Add the barley and simmer 5 minutes more. Season to taste and ladle into bowls. Serve garnished with chopped fresh parsley.

Serves 6

INGREDIENTS

3/4 cup pearl barley
11 cups vegetable stock
2 tablespoons extra-virgin olive oil
1 1/2 cups chopped onion
1 cup chopped carrots
1/2 cup chopped celery
1 cup thinly sliced mushrooms
1/2 bunch parsley

NUTRIENTS PER SERVING

Calories: 202.6
Protein: 6.6 grams
Fat: 5.1 grams
Saturated Fat: 0.5 grams
Monounsaturated Fat: 2.6 grams
Polyunsaturated Fat: 1.7 grams
Carbohydrate: 33.7 grams
Fiber: 4.6 grams
Cholesterol: 0.0 mg
Vitamin A: 3,465.2 IU
Vitamin E: 0.9 mg/IU
Vitamin C: 4.5 mg
Calcium: 36.7 mg
Magnesium: 40.1 mg



"Following an anti-inflammatory diet can help counteract the chronic inflammation that is a root cause of many serious diseases. It is a way of selecting and preparing foods based on science that can help people achieve and maintain optimum health over their lifetime."

I said these words years ago, and I still stand by them. My Anti-Inflammatory Diet is the basis of my nutritional guidelines – it is a blueprint for a lifetime of optimum nutrition and the simple changes it requires can be easily adopted. My Anti-Inflammatory Food Pyramid is also helpful - it is an interactive educational graphic that promotes optimum health by provid-

ing dietary advice that addresses inflammation to help today's families prevent disease while eating well. I encourage everyone to learn more about both, in-depth information is available on DrWeil.com and DrWeilOnHealthyAging.com.

This issue of *Balanced Living* focuses on nutrition – all the articles support the Anti-Inflammatory Diet, from tips on eating organic and more ways to incorporate vegetables into your diet to why wild salmon is better than farmed. And the recipe is a delicious, nutritious one that can be made year-round and fits any budget.

Bon appetite!

Andrew Weil, M.D.

Why Eat Organic?



Eating fresh produce is the best way to obtain daily nutrients, but the pesticides used on many crops remain a major health concern. By choosing organic foods, you can reap the health benefits of fruits and vegetables without exposing yourself to potentially harmful chemicals. From health to flavor, here are 10 great reasons to support organic farming standards, courtesy of The Soil Association:

- 1 It's healthy.** Organic food may contain higher levels of cancer-fighting antioxidants like vitamin C, as well as essential minerals such as calcium, magnesium and iron.
- 2 No nasty additives.** Organic food doesn't contain additives or dyes found in processed foods that may trigger or worsen health problems such as allergies, migraines and hyperactivity.

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5 Easy Ways to Get More Vegetables!

Eating less animal protein is a healthy way to lower your intake of saturated fats and avoid environmental toxins. And vegetables are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. If you need some ideas to get your family or yourself started on a lifestyle that promotes vegetables over animal protein, try the following:

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2 Quick Tip 1: Healthy Soy Snacks

3 Quick Tip 2: Go Garlic, Go Health!

3 Salmon: Fresh or Farmed?

4 Recipe: Roasted Root Vegetables

Quick Tip¹

Healthy Soy Snacks

One of the healthiest changes you can make to your diet is to incorporate whole soy foods - 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). Aim for one to two daily servings of soy in relatively whole and unrefined forms such as a cup of soy milk; a half cup of tofu, tempeh or green soybeans (edamame); or roasted soy nuts.



Why Eat Organic?

continued from p.1

- 3 Minimizes pesticides.** More than 400 chemical pesticides are routinely used in conventional farming, and residues are often present in non-organic food.
- 4 No genetic modification.** Under international organic standards, genetically modified (GM) crops and ingredients are not allowed.
- 5 No reliance on drugs.** International organic farming standards prohibit the routine use of antibiotics and growth hormones in farm animals.
- 6 No hidden costs.** As U.S. taxpayers, we pay for chemicals to be removed from our drinking water - including the pesticide runoff from conventional farms.
- 7 There are high standards.** Organic food comes from trusted sources that are inspected to ensure compliance to organic standards.
- 8 Organic methods provide for animals.** Animal welfare is taken very seriously under organic standards.
- 9 It's good for wildlife and the environment.** The U.K. government has said that organic farming is better for wildlife, causes lower pollution from sprays, and produces less carbon dioxide - the main gas associated with global warming - and dangerous wastes.
- 10 It's flavorful.** Many people prefer organic food because they say it tastes better.

5 Easy Ways to Get More Vegetables!

continued from p.1

- 1** Use meat as a side dish and hearty vegetables such as eggplant and spinach as the entree. (See this month's recipe, Roasted Root Vegetables, on page 4 for a simple yet nutritious veggie-rich option.)
- 2** Prepare familiar meatless meals such as vegetable burritos, mushroom burgers and pasta salads with fresh vegetables.
- 3** Substitute fresh vegetables for meat in recipes. Vegetarian chili can be just as delicious as the meat-based version.
- 4** Try meat substitutes. Tempeh, wheat meat (seitan) and whole soy products such as tofu or edamame can be as satisfying as meat, and are good sources of vegetable protein.
- 5** Try new types of cuisine. Many ethnic cuisines offer meat-free dishes that focus on vegetables and legumes; you can fill up on vegetables and never miss the meat!



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

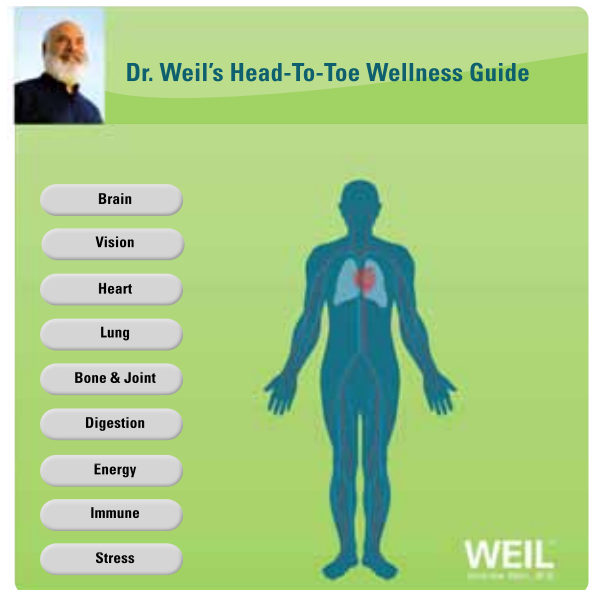


Salmon: Fresh or Farmed?

Salmon is a fish Dr. Weil enjoys and recommends. It's rich in omega-3 fatty acids, which reduce inflammation, protect against heart attacks and promote brain health. It is also an excellent source of selenium, which helps to support the immune system.

When buying salmon, it is important to know its origins: when it comes to protecting the environment, farmed fish is not a better option than wild-caught fish. Fish farming is resource- and energy-intensive (it takes several pounds of feed fish to produce one pound of farmed fish) and does not protect dwindling wild stock; and farmed salmon is likely to contain residues of pesticides, antibiotics and other synthetic compounds used to control diseases that occur when fish are crowded together in pens. Farmed salmon also has less flavor and protein and more fat than wild salmon, and its ratio of anti-inflammatory omega-3 fatty acids to pro-inflammatory omega-6 fatty acids may not be as favorable.

Bottom line: Opt for the wild-caught varieties of salmon, especially from the Pacific, preferably Alaska, which has a more sustainably fished and a larger, more stable population. If wild-caught salmon is cost-prohibitive, canned salmon (choose products containing salmon from wild, not farmed, sources) is a good alternative.



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!

Quick Tip²



Go Garlic, Go Health!

Garlic is a natural, traditional medicine with antiviral, antibacterial and antifungal properties. Regular consumption of garlic has been linked with improving cholesterol levels, lowering blood pressure, combating respiratory infections and minimizing symptoms of common colds and sore throats. Eating raw garlic (chopped or mashed) releases the herb's full potential - try chopping it fine and mixing with food, or simply cut a clove into chunks and swallow them whole like pills.

Roasted Root Vegetables

Root vegetables (with the exception of potatoes and carrots) are some of the most overlooked and underappreciated food-stuffs around. But these nutritional storehouses are hidden treasures worthy of your notice. Not only are they available in winter when other vegetables are hard to find, but they are also very inexpensive. Experiment with turnips, rutabagas, beets and parsnips, and learn what they have to offer in taste and versatility. Rutabaga (also known as swede) is an accidental vegetable - the result of a chance hybridization of turnips and cabbage. Like carrots, they're low in sodium and high in vitamin C. The flavor of all root vegetables will be enhanced by selecting fresh, firm produce (preferably organically grown) and storing it carefully. Turnips and potatoes should be stored in a cool, dark place out of the refrigerator. The rest of these roots will keep well in the refrigerator for at least a week.



INSTRUCTIONS

- 1 Heat oven to 400 degrees. Place the root vegetables and onion in a roasting pan.
- 2 Toss the vegetables with the olive oil and salt to taste. Do not crowd the vegetables.
- 3 Roast the mixture for a total of 45-50 minutes, stirring every 15 minutes. After 30 minutes, scatter the garlic cloves in with the vegetables. Continue stirring every 15 minutes until the vegetables are tender and evenly browned.
- 4 Before serving, add a sprinkling of fresh chopped herbs or balsamic vinegar, if you like for additional flavor.

Serves 6

INGREDIENTS

2 pounds root vegetables (use potatoes, carrots, parsnips, turnips, rutabagas, beets), peeled and cut into 1-inch pieces
 1 medium onion, peeled and cut into 1/3-inch wedges
 1 tablespoon extra-virgin olive oil
 Salt to taste
 1 head garlic, separated into cloves and peeled
 Chopped fresh herbs like rosemary, or balsamic vinegar (optional)

NUTRIENTS PER SERVING

Calories: 108.5
 Protein: 2.7 grams
 Fat: 2.5 grams
 Saturated Fat: 0.4 grams
 Monounsaturated Fat: 1.7 grams
 Polyunsaturated Fat: 0.3 grams
 Carbohydrate: 20.1 grams
 Fiber: 4.1 grams
 Cholesterol: 0.0 mg
 Vitamin A: 10,866 IU
 Vitamin E: 0.7 mg/IU
 Vitamin C: 24.6 mg
 Calcium: 47.4 mg
 Magnesium: 33.7 mg

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Confused About Vitamins?

Dr. Weil has spent a lifetime researching nutrition and health, including which forms of nutrients have the greatest potential to provide benefits and which dosages ensure safety and efficacy.

In every case, his evidence-based recommendation is the form specified for the products offered online via **Dr. Weil's Vitamin Advisor** and for Weil Nutritional Supplements, sold at Dr. Weil's Marketplace and select retail stores.

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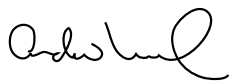
Stress is an intrinsic part of life, and keeps us growing and developing. We can no more eliminate stress from our lives than we can eliminate tension from our muscles, and that's fortunate. If all stress disappeared, we would lose our motivation to engage with the world; similarly, if muscle tension dropped to zero, we would fall to the ground in a shapeless heap!

It is only when a source of stress becomes chronic or overwhelming that stress can become harmful. So our goal should be to neutralize the negative effects of excessive stress and minimize its impact on health. By changing your reaction to stressful events, you can help to protect both your body and mind.

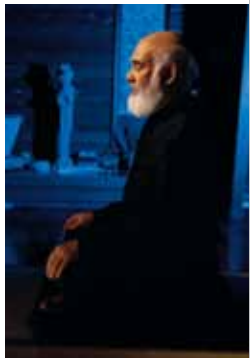
A common cause of stress can be busy schedules and not enough "you" time. To stay balanced, relaxed and calm, it's necessary every so often to regroup, decompress and focus on yourself. If you find that the demands on your time are overwhelming, don't be afraid to politely say "no" when someone asks you to do something, and don't feel guilty about it. No one person can do it all, so learn your limits and be satisfied with them.

This issue of *Balanced Living* covers a variety of ways to manage unhealthy stress, from foods and supplements to creating calm surroundings. We also feature a recipe that is comforting and provides omega-3 fatty acids, recommended for helping to support emotional balance. Enjoy!

Yours in health,



Andrew Weil, M.D.



Supplements and Foods for Stress



If unhealthy stress is impacting your overall health, take action. Start by identifying the problems and situations that create stress and learn to manage them with general techniques of healthy stress reduction, such as breathing exercises and regular physical activity. In addition, simple changes to your diet and supplement routine can impact your stress levels - try the following:

1 Increase intake of omega-3 fatty acids.

Fish such as Alaskan salmon, black cod or sardines are good sources of omega-3 fatty acids - a deficiency in these essential fatty acids has been associated with increased anxiety and depression. You can also take a fish oil supplement - choose one from molecularly distilled fish oil or from krill.

2 Avoid alcohol as a means to cope with stress. It is potentially addictive and not a healthy way to neutralize stress.

3 Take a multivitamin or B-complex. A daily multivitamin can help to fill nutritional gaps and counteract the negative effects of unhealthy stress on the body. B vitamins specifically can help balance mood, calm the nervous system and increase the efficacy of some prescription antidepressants.

continued on p.2

Creating a Calm Home

Your home - whether big, small or somewhere 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, gradually implement the following changes in your home:

continued on p.2



Contents

1 Supplements and Foods for Stress

1 Creating a Calm Home

2 Quick Tip 1: Massage for Relaxation

3 Quick Tip 2: A Free, Portable Stress Reducer: Breathing!

3 Four Common Stressors to Avoid

4 Recipe: Salmon in Parchment

QuickTip



Massage for Relaxation

Receiving a professional massage is relaxing, can help manage stress levels, reduce blood pressure and heart rate, ease sore muscles and stiff joints, lower levels of stress hormones and enhance immune function. Many types of massage are available at a wide range of prices. Check your local health food store for short-duration neck and shoulder massages (perfect on your lunch break); try out student massages at local massage schools; or book packages of massages to save money.

Supplements and Foods for Stress

continued from p.1

- 4 **Take calcium and magnesium.** Both are involved in many key physiologic processes and may help support healthy sleep, as well as muscle relaxation.
- 5 **Consider herbs.** Valerian (*Valeriana officinalis*) is an extract from the root of a flowering perennial and contains essential oils that have been shown to help some people more effectively deal with stress. St. John's wort (*Hypericum perforatum*), indigenous to Europe, may help boost mood and maintain a healthy emotional outlook; be aware that it may interfere with the metabolism of a variety of pharmaceuticals.



Valerian Flower

Creating a Calm Home

continued from p.1

- 1 **Clean out clutter.** A low-maintenance home is refreshing after a day of hectic meetings, errands and chores. Fewer items can mean less frustration.
- 2 **Bring the outdoors in.** Green plants, cut flowers and blooming bulbs, pieces of wood, rocks and other organic elements can create a feeling of nature indoors.



- 3 **Paint a room to suggest a mood.** For instance, blue and green promote a relaxed feeling and may be good choices for the bedroom, while warm colors (maroon, coral, burgundy) suggest a cozy environment and may be inviting in a family room.
- 4 **Surround your senses with beauty.** Artwork, fragrance, smooth textures and calming sounds all provide a pleasant environment in which to relax.
- 5 **Set aside a room or area for peace and calm.** A place for spiritual reflection and meditation can provide shelter from noise and distraction.



- 6 **Create an atmosphere of love.** Display handmade or meaningful gifts from loved ones and photos of family and friends.

Dr. Weil's Head-to-Toe Wellness Guide: Four Common Stressors to Avoid

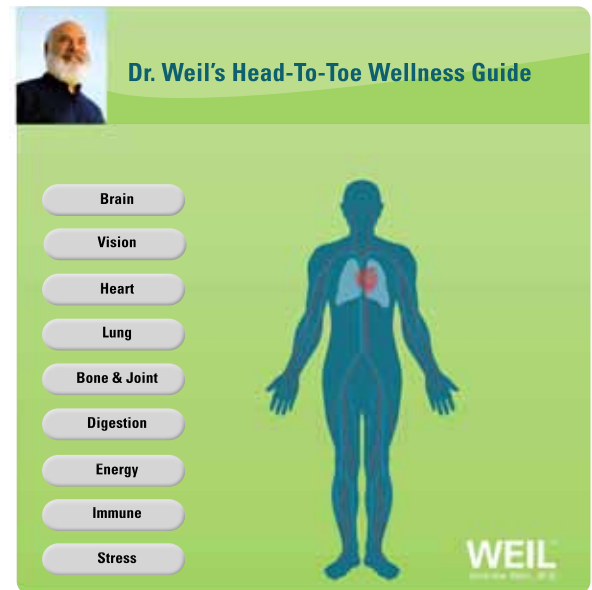
Stress is often a matter of how we frame a situation, rather than the situation itself, and how we react to potential stressors is greatly influenced by our internal reaction to external stimuli. Although the components that make up stress can be complex, simple steps can help reduce stress.

Try avoiding the following common stressors and see how you feel after a week or two:

- 1 Caffeine and other stimulant drugs.** Often these make us more jumpy, anxious and fearful, and interfere with relaxation, rest and sleep.
- 2 Sound.** With a penetrating influence on the nervous system, it is not surprising that some types of sound increase our level of arousal and can make us tense or anxious. Avoid agitating sounds, and instead focus on soothing, calming music.
- 3 News.** News reports can profoundly affect your mental state, increasing anxiety and possibilities for worry. Try a “news fast” - turn off the television and avoid internet news for one week, and see how you feel afterwards.



- 4 **Agitated minds.** Being around others who are agitated can easily affect your level of agitation. Whenever possible, stick to interacting with those who are centered and calm.



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QuickTip²



A Free, Portable Stress Reducer: Breathing!

A natural and effective way to reduce stress and maintain focus is through breathing exercises. Exhaling completely is a useful practice that can promote deeper breathing and better health. It's easy to learn: Simply take a deep breath, let it out effortlessly and then squeeze out a little more. Doing this regularly will help build up the muscles between your ribs, and your exhalations will soon become deeper and longer. Start by performing this exhalation exercise consciously, and before long it will become a healthy, unconscious habit.

Salmon in Parchment

Alaskan salmon, like other oily fish (herring, sardines, mackerel), is rich in omega-3 fatty acids that reduce inflammation, protect against heart attacks and possibly reduce one's chances of developing cancer. When you want something out of the ordinary, this is an easy and elegant recipe to try. It requires cooking parchment, which you will find in rolls or sheets at kitchen supply stores and even many supermarkets. Parchment-wrapped food

turns into taut packages as steam inflates the sealed pouches. (Be careful when slitting them open to avoid being burned.) The result is a delicate mix of textures and aromas that's sure to please.



INSTRUCTIONS

- 1 Heat oven to 400°.
- 2 Cook thin spaghetti in rapidly boiling water until al dente, drain, toss with a bit of olive oil, salt and chopped fresh dill or parsley.
- 3 Rinse salmon filets and pat dry. Spread Dijon mustard evenly over the top of each one.
- 4 Prepare the parchment. First, fold each piece of parchment in half. With scissors, cut the shape of half a heart from the folded side. (Remember the valentines you made in grade school?) Open the heart shape and place 1/4 of the pasta on the center of the paper, top with a salmon filet and add the vegetables. Bring the sides of the heart over the fish and fold the edges together - starting at the top of the heart, overlapping the folded edge as you go. Fold the tip several times to secure it.
- 5 Place the pouches in the middle of the hot oven and bake for 10 minutes. Serve immediately in the sealed pouches, opening them just before eating.

Serves 4

INGREDIENTS

- 8 ounces thin spaghetti
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt
- 2 tablespoons fresh dill or parsley, chopped
- 1 cup carrots julienned
- 1 cup zucchini, julienned
- 1 cup asparagus tips
- 1 cup red bell pepper, julienned
- 24-ounce salmon filet, cut into four 6-ounce pieces
- 2 tablespoons Dijon mustard
- 4 large sheets of parchment paper

NUTRIENTS PER SERVING

- Calories: 533.1
- Protein: 45.9 grams
- Fat: 14.9 grams
- Saturated Fat: 2.8 grams
- Monounsaturated Fat: 6.4 grams
- Polyunsaturated Fat: 4.2 grams
- Carbohydrate: 51.8 grams
- Fiber: 5.2 grams
- Cholesterol: 75.6 mg
- Vitamin A: 6,543.6 IU
- Vitamin E: 2.8 mg/IU
- Vitamin C: 83.1 mg
- Calcium: 99.0 mg
- Magnesium: 102.3 mg



Roughly one in four Americans will develop cancer, often as the result of unhealthy habits.

While some cancers have a genetic component, approximately 30 percent of avoidable cancer in the developed world is related to tobacco use and another 40 percent is related to nutrition factors. Whether it is seeking out a healthy environ-

ment, not smoking, focusing on a healthful diet or getting enough physical activity, lifestyle choices that lower cancer risk should be part of your daily routine. Use the information in this issue of *Balanced Living* to learn the common signs of some cancers, ways to lower the risk of specific types and a delicious recipe that includes a cancer-protective vegetable.

Yours in health,

Andrew Weil, M.D.

Preventing Colorectal Cancer

Colorectal cancer is the second most common cancer diagnosed among Americans. The American Cancer Society estimates that about 106,100 new cases of colon cancer and more than 40,870 cases of rectal cancer will be diagnosed in 2010. The good news is that both the incidence of these diseases and the death rate from them are declining, thanks to improved treatments and earlier diagnosis.

Symptoms of colon cancer include diarrhea, constipation or a change in the persistent abdominal discomfort (cramps, gas or pain); a feeling that your bowel doesn't empty completely; weakness or fatigue; and unexplained weight loss. Any of these should be discussed with your doctor.

continued on p.2

Signs of Five Different Cancers

Cancer manifests in varied ways, but there are also common signs and symptoms that usually occur with each type. As early detection is helpful for all cancer treatment, contact your physician immediately if you experience any of the following:



- 1 Breast cancer.** A lump or thickening in or near the breast or in the underarm area; a change in the size or shape of the breast; nipple discharge or tenderness; an inverted nipple; ridges or pitting on the breast (resembling an orange peel); a change in the look or feel of the breast, areola or nipple (such as temperature, swelling, redness or a scaly feel).
- 2 Lung cancer.** A new cough that doesn't go away, changes in a chronic cough or "smoker's cough"; coughing up blood, even in small amounts; shortness of breath; chest pain; wheezing; hoarseness; losing weight without trying; bone pain; headache.
- 3 Ovarian cancer.** General abdominal discomfort or pain (gas, indigestion, pressure, swelling, bloating, cramps); nausea, diarrhea, constipation or frequent urination; loss of

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- 1** Signs of Five Different Cancers
- 1** Preventing Colorectal Cancer

- 2** Quick Tip 1: Oral Cancer Prevention
- 3** Quick Tip 2: The Importance of Exercise

- 3** A Cancer-Protective Diet
- 4** Recipe: Green Cabbage and Mushrooms

Quick Tip¹

Tips for Oral Cancer Prevention

Over 35,000 Americans have oral cancer; men and those over the age of 35 are at higher risk, but certain lifestyle habits can increase anyone's risk. Eliminate tobacco use, excessive alcohol use and prolonged exposure to sunlight. If you have a sore in your mouth that doesn't heal easily or is always bleeding, or a pain in the mouth or ear, see your dentist or physician immediately. Early detection and treatment raises recovery rates.



Signs of Five Different Cancers

continued from p.1

appetite; feeling of fullness or abdominal swelling after a light meal; weight gain or loss with no known reason; abnormal bleeding from the vagina; pelvic pressure (a continuous feeling that one needs to urinate or defecate); constant back or leg pain.

4 Prostate cancer. Urination that is frequent, weak or interrupted, difficult to start or hold back, or painful should be checked. Erectile dysfunction, painful ejaculation, blood in urine or semen and recurrent, persistent pain or stiffness in the lower back, hips or upper thighs may also be indicative.

5 Skin cancer. Look for freckles and moles that are bigger than a pencil eraser or that have irregular borders, mixed colors (especially black), signs of inflammation or pallor, or any increase in size. Also watch for new bumps or nodules and freckles or moles that fail to heal after a minor injury or are scabby or scaly.



Preventing Colorectal Cancer

continued from p.1

To help reduce your risk, try the following simple measures:



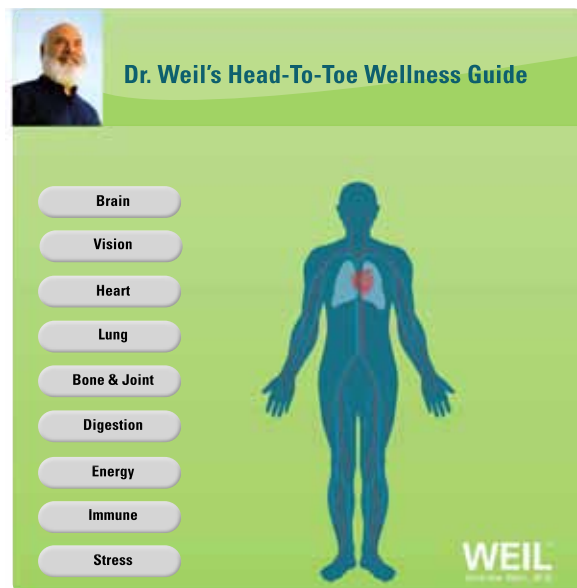
- 1** Avoid eating or cut back on red or processed meats, such as bacon, sausage, hot dogs, ham and cold cuts.
- 2** Maintain a healthy weight.
- 3** Get screened for colon cancer, especially if you are over age 50. Discuss appropriate tests and screenings with your doctor.
- 4** Stay active.
- 5** Minimize your overall fat consumption.
- 6** Limit your alcohol intake.
- 7** Quit smoking (smokers are 30 to 40 percent more likely than nonsmokers to die of colorectal cancer).
- 8** Ask your doctor about a low-dose aspirin therapy.

Dr. Weil's Head-to-Toe Wellness Guide: A Cancer-Protective Diet

A healthy diet can help the body in its efforts to heal itself, and in some cases, particular foods can lessen the risks of serious illness. To help reduce your risk of some types of cancer, try the following:



- 1 **Avoid polyunsaturated vegetable oils**, margarine, vegetable shortening, all partially hydrogenated oils and all foods that might contain trans-fatty acids (such as deep-fried foods).
- 2 **Increase omega-3 fatty acid intake** by eating more cold-water oily fish, freshly ground flaxseed and walnuts.
- 3 **Reduce consumption of animal foods** and try replacing them with plant-based proteins such as whole soy products.
- 4 **Use hormone-free**, organically produced products whenever possible.
- 5 **Eat plenty of fresh fruits and vegetables**, especially cruciferous vegetables such as broccoli, cauliflower and cabbage.
- 6 **Eat shiitake, enokidake, maitake** and oyster mushrooms frequently (see the recipe on page 4 for a delicious way to use shiitakes).
- 7 **Drink green tea daily.**



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!

Quick Tip²



The Importance of Exercise

Exercise is important for cancer risk reduction: it helps protect against colon and breast cancer, and possibly endometrial, lung and prostate cancer. Physical activity is also essential for maintaining a healthy body weight since obesity is a major risk factor for many cancers. More than 180 epidemiological studies confirm a cancer-protective effect for physical activity, so make it a point to get 30-45 minutes of aerobic activity most days of the week.

Green Cabbage and Mushrooms

Cabbage is a true vegetable treasure, widely underappreciated. It is low-cost and highly nutritious. Along with the other cruciferous vegetables (broccoli, cauliflower, Brussels sprouts and kale), cabbage provides significant amounts of fiber, vitamin C and an important class of nutrients called indoles. Research on indoles is focusing on their ability to protect against both breast and prostate cancer. An additional bonus in this savory side dish is the mushrooms. Use the more flavorful (and healthful) shiitake mushrooms if you can find them.



INSTRUCTIONS

- 1 In a covered pot over high heat, steam the cabbage in the stock for 5 minutes until it is just wilted and still bright green. Remove from heat and remove cover.
- 2 While the cabbage cooks, heat the olive oil in a large skillet or wok, and sauté the onion and mushrooms until they brown. Add the cabbage and heat through, mixing well.
- 3 Stir the cornstarch mixture well and add it to skillet. Bring mixture to boil, stirring, until liquid thickens. Reduce heat and season to taste with dill, paprika, salt and pepper.

Serves 6

INGREDIENTS

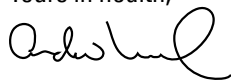
1 small green cabbage, cored and diced, about 6 cups
 1 cup vegetable broth
 1 tablespoon extra-virgin olive oil
 1 medium onion, diced
 1/2 pound mushrooms (shiitake, if possible)
 1 1/2 tablespoons cornstarch mixed into 1/4 cup cold water
 1 tablespoon fresh dill weed, chopped, or 1 teaspoon dried
 1/2 teaspoon paprika
 Salt and black pepper to taste

NUTRIENTS PER SERVING

Calories: 70.9
 Protein: 2.7 grams
 Fat: 2.8 grams
 Saturated Fat: 0.4 grams
 Monounsaturated Fat: 1.7 grams
 Polyunsaturated Fat: 0.4 grams
 Carbohydrate: 11.0 grams
 Fiber: 3.5 grams
 Cholesterol: 0.0 mg
 Vitamin A: 157.1 IU
 Vitamin E: 0.5 mg/IU
 Vitamin C: 40.5 mg
 Calcium: 60.9 mg
 Magnesium: 23.3 mg

The old adage "prevention is the best medicine" is one to heed. Small adjustments that we make now - regardless of age - can help us adapt to the changes that time brings and to arrive at old age with minimal deficits and discomforts. This issue of *Balanced Living* focuses on prevention, which should also be the foundation of modern medicine - unfortunately, conventional medicine too often remains rooted in disease management. So it's up to each of us to take an active part in maintaining our health through daily practices like the ones presented here. Begin implementing these suggested changes, and you will greatly improve your chances of remaining healthy and vibrant in the coming years.

Yours in health,



Andrew Weil, M.D.



Foods for Health

Changing your diet can be an effective, gentle, inexpensive and even delicious way to prevent, relieve or reverse a wide variety of health concerns. Consider the following foods that have a protective effect against specific health concerns:

- 1 Alzheimer's disease: Eat an anti-inflammatory diet.** Omega-3 fatty acids and antioxidants can help address inflammation, a primary contributor to Alzheimer's. Include plenty of fresh fruits and vegetables, as well as omega-3-rich foods such as walnuts, wild Alaskan salmon, and freshly ground flaxseed.
- 2 Bone health: Add calcium-rich foods.** High-quality, organic dairy products, canned sardines and canned salmon, dark green vegetables, tofu, calcium-fortified juices and soy milk, black-eyed peas, blackstrap molasses, poppy seeds, sesame seeds, almonds and figs are good choices.

continued on p.2

Five Ways to Prevent Heat Stroke

Heat stroke is a dangerous and potentially deadly condition that can occur when the body reaches a core temperature of 105 degrees Fahrenheit or higher. There are two types of heat stroke: exertional, which affects people who physically overwork in hot environments; and passive, which typically affects older people (especially those who are also sedentary) who are exposed to high temperatures. Either type of heat stroke can lead to brain damage, organ failure and even death.

Some signs of heat stroke include a high core body temperature (105 F/40.5C or higher); a sudden change in mental status such as seizures, loss of consciousness, confusion, hallucinations or difficulty speaking or understanding what

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1 Foods for Health

1 Five Ways to Prevent Heat Stroke

2 Quick Tip 1: Minimizing Dandruff

3 Quick Tip 2: Two Foods for Bad Breath

3 Five Ways to Prevent a Cold

4 Recipe: Hummus

Quick Tip¹



Minimizing Dandruff

Dandruff is caused by eczema or seborrhea, and is often linked to climate and genetic factors. Help prevent it by supplementing your diet with evening primrose oil, which provides an essential fatty acid called GLA (gamma-linolenic acid). Try doses of 500 mg twice a day; after six to eight weeks, cut the dose in half. Freshly ground flaxseed or fish oils in the form of sardines, wild Alaskan salmon or supplement capsules can also help reduce flaking.

Foods for Health

continued from p.1

3 Cancer: Include mushrooms. Many Asian species contain unique polysaccharides that appear to boost both the activity and number of the body's natural killer cells. Enoki, maitake, reishi, royal sun agaricus, shiitake and zhu ling have all been studied for their anti-cancer and immune-boosting properties. Look for them in local and specialty grocery stores.

4 Diabetes: Avoid refined carbohydrates. "Whole foods" are minimally processed and can help minimize spikes and dips in blood glucose levels. Choose minimally processed foods such as whole grains (like brown rice, buckwheat groats and steel-cut oats), beans, nuts, vegetables and fruits.

5 Healthy vision: Eat antioxidant-rich berries often. Increasing your intake of foods containing vitamins C and E, lutein and zinc, may help protect vision as well. These antioxidants help prevent plaque from sticking to blood vessel walls and promoting macular damage.

Five Ways to Prevent Heat Stroke

continued from p.1

others are saying; red, flushed skin; rapid, shallow breathing; and a racing heart rate. If you observe or experience any of these symptoms on a hot day contact emergency services at once, seek shade immediately and take steps to cool off.

You can also help prevent heat stroke in the first place - adhere to the following when in warm weather:



- 1** Stay hydrated by drinking plenty of water.
- 2** Wear appropriate clothes - light-colored, lightweight, non-restrictive clothing that allows your body to breathe are good choices.
- 3** Know when to limit activity. If you are feeling hot or winded, slow down or rest.



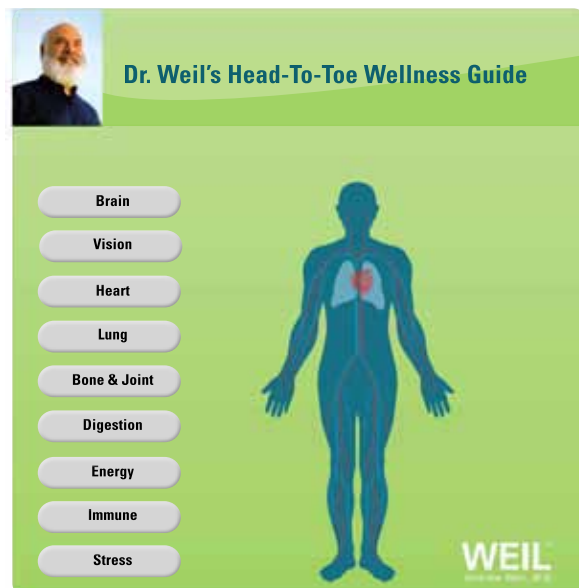
- 4** When exercising, start slowly and gradually build up your duration and intensity.
- 5** Avoid alcohol in general and while exercising in particular - it promotes dehydration.

Dr. Weil's Head-to-Toe Wellness Guide: Five Ways to Prevent a Cold

Regardless of the time of year, most anyone is susceptible to the common cold virus. Weather may play a role - low humidity and colder temperatures can increase the chances of dry nasal membranes, making them more vulnerable to infection - and factors such as psychological stress and allergies can lower general immunity or interfere with the normal defenses in the nose and throat. To help minimize the chance of catching a cold, try the following:



- 1 **Wash your hands frequently** with hot or warm water and soap, especially when you have been in public areas or around someone who has a cold.
- 2 **Avoid touching your nose or eyes** as this may transmit respiratory secretions picked up from surfaces or the air to vulnerable tissues.
- 3 **When possible, avoid people who have a cold** until the fifth day of their illness, when they should be less infectious.
- 4 **Eat two cloves of raw garlic**, which has antiviral properties, at the first sign of a cold. Try chopping the garlic and mixing it with honey if the taste is too strong on its own.
- 5 **Stay hydrated**, which keeps nasal passages moist, making them better defenders against viruses.



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!

Quick Tip²



Two Foods for Bad Breath

Bad breath (halitosis) can be caused by bacteria from decaying food particles or debris in the mouth, or by poor oral hygiene. To freshen your breath naturally, eat hydrating foods such as oranges and organic celery - their high water content helps prevent dry mouth, which can contribute to halitosis. Other natural mouth fresheners include parsley (chew it after meals) and cardamom seeds (chew, but don't swallow).

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 digestion 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.

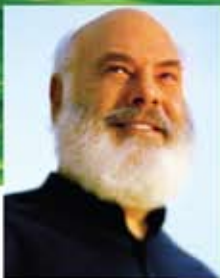
Serves 6

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: 2.4 mg
 Calcium: 24.7 mg
 Magnesium: 18.7 mg



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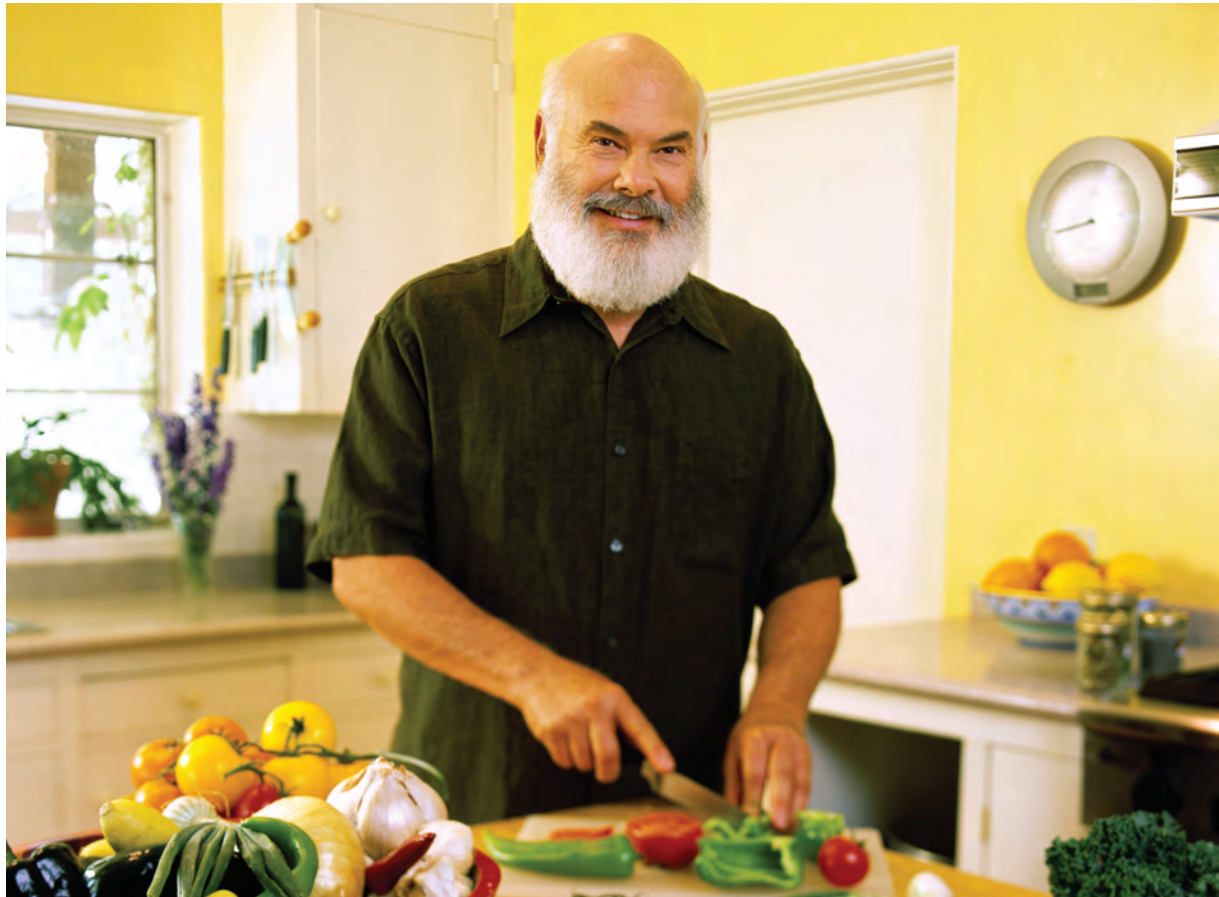
- Steaming foods is a healthier way to prepare them.
- Steamed foods have lower levels of fat, and steamed vegetables retain more of their nutritional value.
- The easy-to-use, easy-to-clean steamer features leading-edge technology and durable construction.
- An automatic timer and stay-warm feature add to the ease of use.
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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!

JOIN TODAY!

DrWeilOnHealthyAging.com

Women have gender-specific health concerns such as risks of ovarian or cervical cancer. Men, meanwhile, must contend with challenges to prostate health or erectile function. Yet many other health conditions can affect both genders, such as heart disease or depression.

This issue of *Balanced Living* looks at some health concerns that are gender-specific, and yet others that are shared by men and women. It includes quick tips and checklists, as well as a delicious heart-healthy recipe. That's



important for both genders, as heart disease is a leading cause of death for men and women. Fortunately, risks of all kinds of health conditions can be lowered through simple lifestyle changes like the ones listed in this issue.

Yours in health,

Andrew Weil, M.D.

8 Symptoms of Ovarian Cancer

Ovarian cancer is almost completely curable if caught in its earliest stages. Unfortunately, it has few early symptoms and there is no reliable screening test, making early diagnosis difficult. To help identify problems when they first start, women should talk with their physician if the following symptoms are persistent, even if they seem trivial:



continued on p.2

4 Tips for Men's Health

If you are a man, consider this information or pass it on to a male loved one!

- 1 Lose the extra pounds.** Research shows that, among men who are overweight to any degree, losing 5-10 percent of your body weight can significantly improve your health. Stored body fat acts as an endocrine-system organ, producing hormones that can promote inflammation, diabetes, osteoarthritis and heart-related health issues. Reduce your daily calories by 25 percent per day; start exercising regularly; eat an anti-inflammatory diet; and practice stress management techniques.
- 2 Keep your prostate healthy.** Prostatitis - inflammation of the prostate - can be a painful problem at any age, and the risk of prostate cancer increases about 10 percent per decade beginning at age 60. Get regular checkups, follow a healthy diet, get regular exercise and consume lycopene-rich foods, such as tomatoes and watermelon, to help reduce prostate risks.

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Contents

- 1** 8 Symptoms of Ovarian Cancer
- 1** 4 Tips for Men's Health

- 2** Quick Tip 1: Ginkgo for Erectile Dysfunction
- 3** Quick Tip 2: Preventing Varicose Veins

- 3** 4 Steps to a Positive Outlook
- 4** Recipe: Grilled Fish with Tropical Relish

Quick Tip¹



Ginkgo for Erectile Dysfunction (ED)

ED, the inability to achieve or maintain erections sufficient for intercourse, often has a mental component; counseling is encouraged. But ED can also be a symptom of cardiovascular disease and diabetes, both of which can impair blood supply to the penis. In addition to common-sense, healthy lifestyle measures, consider ginkgo. This herb may improve arousal in men (as well as women), perhaps by increasing blood flow to the genitals. Talk with your physician!

4 Tips for Men's Health

continued from p.1

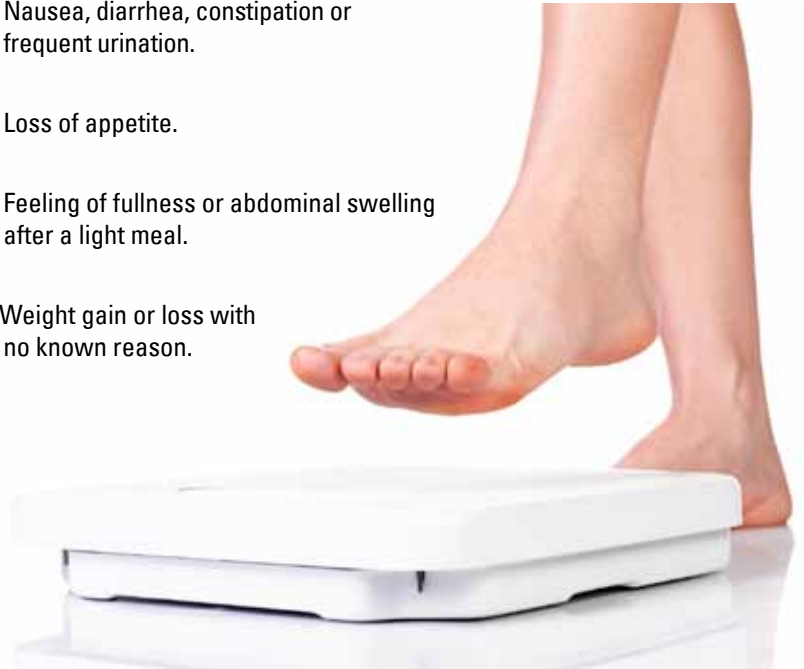
3 Stay flexible. Men's joints can become less flexible with age, and this inflexibility can lead to falls, a major cause of disability for older people. Flexibility and balance training should be integral parts of your daily fitness routine - try practicing yoga or tai chi to help improve balance and flexibility, and make it a point to incorporate gentle stretching into your daily fitness routine, which can help maintain a full range of motion.

4 Eat an anti-inflammatory diet. It can help counteract the chronic inflammation that is a root cause of many serious diseases, including Alzheimer's, Parkinson's and heart disease.

8 Symptoms of Ovarian Cancer

continued from p.1

- 1** General abdominal discomfort or pain (gas, indigestion, pressure, swelling, bloating, cramps).
- 2** Nausea, diarrhea, constipation or frequent urination.
- 3** Loss of appetite.
- 4** Feeling of fullness or abdominal swelling after a light meal.
- 5** Weight gain or loss with no known reason.



- 6** Abnormal bleeding from the vagina.
- 7** Pelvic pressure (a feeling that one needs to urinate or defecate all the time).



- 8** Constant back or leg pain.

A pelvic exam and an ultrasound can determine whether the ovaries require further evaluation. Since ovarian cancer is estrogenically driven, your diet can play a role by lowering the risks posed by estrogens. Reduce the amount of animal-based foods in your diet, eat only hormone-free meat and poultry, eat less unhealthy fat, increase your intake of soy foods and minimize your use of (or abstain from) alcohol.

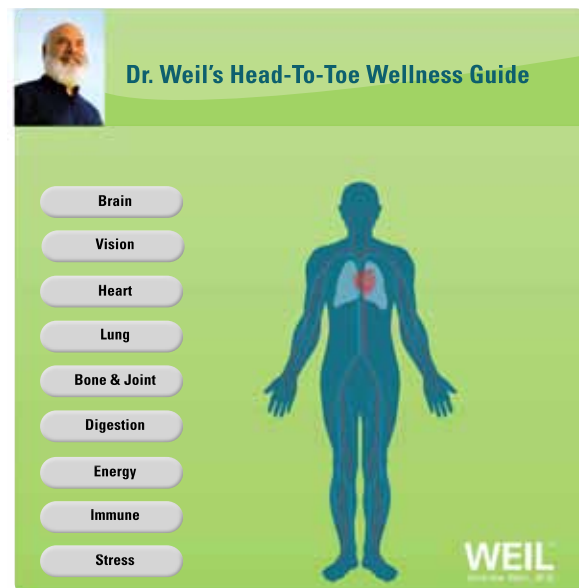
Dr. Weil's Head-to-Toe Wellness Guide:

4 Steps to a Positive Outlook

Whether you are a male or female, being pessimistic can be more than just an emotional drain on yourself and those around you - pessimism has been linked to a higher risk of dying before age 65. The good news is that expressing positive emotions such as optimism is associated with a variety of health benefits: lowered production of the stress hormone cortisol, better immune function and reduced risk of chronic diseases. If you are stressed-out or anxious, which can be either a cause or an effect of a pessimistic outlook, try the following:



- 1 Take care of yourself** by eating a healthy diet, exercising regularly and getting adequate sleep.
- 2 Express your emotional reactions** honestly so you can effectively deal with what's bothering you.
- 3 Confide in someone** - your mate, a good friend or a trusted relative.
- 4 View the cup** as half full instead of half empty.



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Quick Tip²

Preventing Varicose Veins

Varicose veins - enlarged blood vessels caused by weakening vein walls - are often a cosmetic problem, but more advanced cases can cause legs to ache or swell. Help prevent varicose veins by getting regular physical activity - it promotes healthy circulation and weight, which are associated with decreased risk of varicose veins. Also avoid long periods of inactive standing or crossing your legs while sitting, and try to elevate your legs whenever possible.

Grilled Fish with Tropical Relish

The tropical relish in this recipe is more to my liking than a pure fruit topping because the sweetness of the mango is offset by the robust tartness of the capers, vinegar, and salsa, and the basil provides an unexpected, spicy note.

Food as Medicine

Omega-3s, found in both cod and halibut (a four-ounce serving of cod contains 13 percent of the Daily Value and the same serving of halibut contains 26 percent), protect against fatal heart arrhythmia, or erratic heart rhythms. The omega-3s in cod, halibut and other fish also improve the ratio of HDL ("good") to LDL ("bad") cholesterol, as well as help to prevent cholesterol deposits on artery walls. Basil, a main component in the relish, is full of volatile oils such as estragole and limonene, known anti-bacterials.

INSTRUCTIONS

- 1 Rinse the fish fillets under cold running water and pat them dry.
- 2 Brush them with the olive oil and season them with salt and pepper
- 3 Preheat grill or broiler.
- 4 Meanwhile, prepare the relish: Stir together the mango, onions, peppers, basil, capers, vinegar, and salsa in a bowl.
- 5 Grill the fish on high heat or broil about 2 - 3 minutes per side or until desired doneness.
- 6 Spoon the relish over the grilled or broiled fish.

Serves 4



INGREDIENTS

4 fish fillets (cod or halibut), about 6 ounces each
 1 teaspoon extra virgin olive oil
 Salt and freshly ground black pepper to taste
 1 ripe mango, peeled, pitted, and finely chopped
 1 sweet onion, finely chopped
 1 red bell pepper, seeded and finely chopped
 1 bunch fresh basil, chopped
 1 tablespoon capers, drained
 1 teaspoon balsamic vinegar
 1 tablespoon salsa

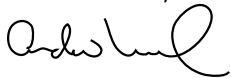
NUTRIENTS PER SERVING

Calories 227
 Fat 9 g
 Saturated fat 1 g (35% of calories from fat)
 Protein 36.5 g
 Carbohydrate 13 g
 Cholesterol 54 mg
 Fiber 2 g

Contrary to popular belief, children are not small adults; they have unique physical, mental and spiritual needs. From a diet that provides their nutritional requirements for healthy development to keeping them mentally stimulated, kids often require special attention and care.

Use the information in this issue of *Balanced Living* to improve the health of your family. Even if you don't have children or grandchildren, many of the articles apply to everyone: healthy eating tips, fun exercise suggestions, information on children and supplements, and a delicious dessert that combines healthful ingredients for a warm-weather treat.

Yours in health,



Andrew Weil, M.D.



Should Kids Take Vitamins?

While more than half of American adults now take at least one dietary supplement - usually a multivitamin/mineral - children are being left far behind. A national survey of more than 10,000 children found that only 18 percent take a daily multivitamin/mineral - and that less than a third of them receive any vitamin and mineral supplements at all. The survey results, published in the October 2007 issue of *Archives of Pediatrics & Adolescent Medicine*, also found that only 12 percent of infants younger than a year old are getting a supplement.

This is disturbing, as the American Academy of Pediatrics now recommends that all infants get 400 IU of vitamin D daily, through a supplement or via their formula, beginning during the first two months of life. They recommend this amount be taken throughout childhood and adolescence to prevent deficiency and protect against the bone-deforming disease rickets.

continued on p.2

Family Fitness Made Fun

According to the Centers for Disease Control and Prevention, about 35 percent of American children ages 6-19 are overweight or obese. While a healthful diet plays a very important role, so does physical activity. Whether your child is overweight or you just want to encourage exercise, consider these fun family fitness suggestions.

- 1 Swimming and biking.** Both are fun and good cardiovascular exercise. Besides the proper gear and any associated fees, both are fairly low-cost and can be all-day events. If a new bike is too cost-prohibitive, look for used bikes online or in local bike shops.
- 2 Hiking.** A wonderful way to explore nature and ward off boredom! Check local national park websites for beginner

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1 Family Fitness Made Fun

2 Quick Tip 1: Curbing Colic

3 Quick Tip 2: Childhood Vaccinations

3 Five Food Tips for a Healthy Family

4 Recipe: Cocoa-Banana Frozen Dessert

Quick Tip¹

Curbing Colic

As many as 30 percent of infants develop colic between the ages of two and six weeks. If your pediatrician has ruled out health issues such as infection, respiratory or other digestive disorders, your baby may simply be colicky. Some tips that may help include: massaging your baby, rocking him or her slowly and rhythmically, using music or white noise to soothe the baby, or swaddling. The good news is that colic isn't serious, and will eventually go away!



Should Kids Take Vitamins?

continued from p.1

I recommend that children take a daily multivitamin/mineral supplement, because so many of them eat mainly processed and refined foods and don't consume enough fruits and vegetables. There's no harm in the occasional ice cream, pizza or candy bar in the context of a well-balanced diet, but for too many children, these types of foods constitute the bulk of their daily intake.

My colleague Russell Greenfield, M.D., co-author of *Healthy Child, Whole Child*, recommends waiting until children are at least four years old before giving them vitamin or mineral supplements, other than the vitamin D they already should be taking. Once they reach age five, they should be taking 500-1,000 IU a day, and by age 12 they can take the adult dose - anywhere from 1,000-2,000 IU daily. He reminds me that it isn't always easy to find a good child's multivitamin that does not contain sugar or artificial colorings, and if you give your kids gummy vitamins, be sure that they get additional dental attention. He also cautions that children between the ages of four and 12 should get no more than 50% of the adult RDA of the other major vitamins and minerals (including vitamins A, E and K which are fat-soluble) from supplements. After age 12, kids can safely take the adult dosage.

While vitamin supplements shouldn't be regarded as substitutes for whole foods, especially fruits and vegetables, I recommend giving children over the age of four a complete antioxidant formula as well as multiminerals.

Family Fitness Made Fun

continued from p.1

trails with an element of surprise such as a waterfall or lake. Follow hiking guidelines, wear proper clothing and bring water and snacks.

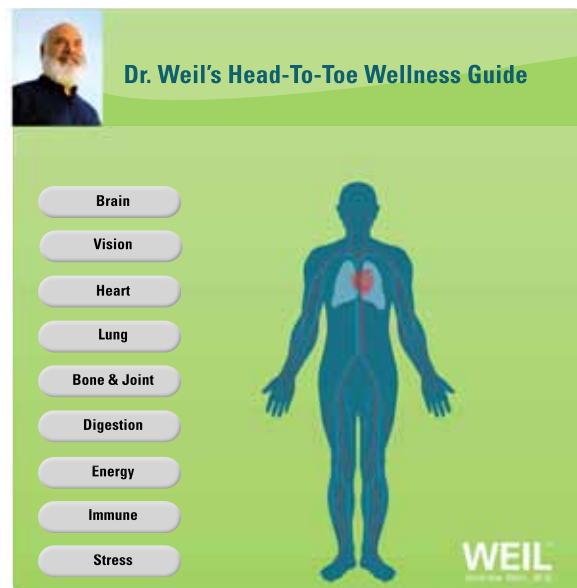
- 3 Integrative exercise.** Whether it is painting your child's room, cleaning out the basement or attic to create a play space, gardening or building a doghouse, integrative exercise is a great way to burn calories while accomplishing something fun. Ask for input from your kids on what interests them, then make it a family goal to have all participate.
- 4 Video games.** New gaming systems incorporate movement and can actually become vigorous workouts that are fun for kids. From dance competitions to sports such as tennis, bowling and baseball, active video gaming can be an effective way to get kids moving, especially when the weather is inclement.



Dr. Weil's Head-to-Toe Wellness Guide: A Healthy Diet for the Family

As a parent or grandparent, setting a good dietary example is important. This is especially true around the dinner table, since children tend to pick up eating habits from the family routine. Try the following - your family members may not even know they are eating more healthful meals:

- 1 Incorporate a vegetable into every meal.** Peas, broccoli, asparagus, red, yellow or green bell peppers, spinach - you name it, vegetables provide nutrients and fiber. Add them to casseroles, sandwiches and wraps.
- 2 Use more beans and legumes, and less meat.** Chickpeas, lentils and beans of all types are good sources of fiber and protein. Vegetarian chili, bean burritos, lentil soup - all are filling, and the kids won't miss the meat.
- 3 Serve up whole grains.** Brown rice, bulgur wheat, barley and quinoa provide a delicious, satisfying taste and texture - and have more fiber and protein than their white, refined counterparts. Choose true, relatively intact whole grains like these over grains that have been ground into flour.
- 4 Switch sweets.** Instead of soda, stock the pantry with sparkling waters. Pour fruit juice into a pitcher and dilute it to lessen the sugar content. Stock your kitchen with fresh whole fruits, and leave the cookies in the store.
- 5 Have healthy snacks on hand.** Instead of packaged chips, crackers and cookies, offer up snack options such as whole or sliced fresh fruit, peanut butter and whole-grain crackers, or hummus and crudité's - all offer healthier sources of protein, fat and fiber.



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Quick Tip²

Childhood Vaccinations

Infant vaccination is important - it helps prevent diphtheria, tetanus and polio, among other serious diseases. Adhering to the recommended vaccination schedule offers your kids full protection from these diseases early in life. If you decide to space out your child's vaccinations, speak to your pediatrician, or check the "catch up" schedule posted online at the American Academy of Pediatrician website; be forewarned, however, that most pediatricians advise against alternate schedules.

Cocoa-Banana Frozen Dessert

The flavors in this simple dessert remind us of beach fare – frozen bananas on a stick coated with chocolate. This is a healthier version that you can whip up in no time. It contains no added sugar or dairy and is very versatile. Improve by adding different flavors. Make this a few hours before you plan to serve - it's best when just frozen. Any leftovers will keep for a couple of weeks in the freezer.



Food as Medicine

Bananas are rich in potassium - one banana contains 450 mg, one-fifth of the adult daily requirement - and offer a fair share of magnesium (33 mg), too.

INSTRUCTIONS

- 1 Peel the bananas and place in a blender or food processor along with the cocoa powder.
- 2 Add the vanilla extract and the maple syrup.
- 3 Blend till very smooth. Pour into individual custard cups or small bowls and freeze until just frozen.

Serves 6

INGREDIENTS

4 very ripe bananas
2 tablespoons pure unsweetened cocoa powder
1 teaspoon pure vanilla extract
2 tablespoons real maple syrup

NUTRIENTS PER SERVING

Calories: 118.1
Protein: 1.4 grams
Fat: 0.7 grams
Saturated Fat: 0.3 grams
Monounsaturated Fat: 0.1 grams
Polyunsaturated Fat: 0.1 grams
Carbohydrate: 30.0 grams
Fiber: 3.0 grams
Cholesterol: 0.0 mg
Vitamin A: 82.2 IU
Vitamin E: 0.3 mg/IU
Vitamin C: 9.2mg
Calcium: 13.7 mg
Magnesium: 39.4 mg



While aging is inevitable, there is no reason why advancing years must be associated with pain, disability or mental decline. Simple steps can help to keep you healthy as the years accumulate: staying social, caring for a companion animal, taking classes to stimulate your memory and

creativity, and gentle forms of exercise that foster strength and stability such as tai chi and yoga.

In this edition of *Balanced Living*, we address other easy ways to keep your health on track as you grow older: a diet that promotes brain health, four ways to live to be 100, and simple preventive tactics everyone should take to achieve lifelong vitality. Healthy aging can be enjoyable and even delicious - check out the recipe on page four, it's one of my favorite healthful appetizers!

Yours in health,

Andrew Weil, M.D.

Eating for a Healthy Brain

With growing evidence that prolonged inflammation influences the course of many diseases, including Alzheimer's, there is no doubt that diet is an important factor. Consider the following for brain health:

- 1 Eat an Anti-Inflammatory Diet.** It helps prevent inappropriate inflammation and counters the oxidative stress that may contribute to Alzheimer's disease. Focus on antioxidant-rich fruits and vegetables, foods rich in vitamins C and E, omega-3 fatty acids and the spices turmeric and ginger.
- 2 Eat berries.** Blueberries in particular may improve motor skills and reverse age-related short-term memory loss, and may also protect the brain from stroke damage.

continued on p.2

Achieving Lifelong Health

Some simple lifestyle practices can help prevent or lessen the risk of common age-related conditions. Consider the following:

- 1 Keep a medical journal.** Include a record of past illnesses, injuries, treatments, tests and screenings, hospitalizations, current medications and family history. Based on family history, identify the categories of age-related disease for which you may be at highest risk, such as cardiovascular disease, cancer, diabetes or Alzheimer's disease. Know the preventive lifestyle strategies to help keep these at bay.



- 2 Stay up-to-date on immunizations.** This includes a pneumococcal pneumonia vaccine and an annual influenza shot for those 65 and older. The Centers for Disease Control provides adult immunization information.
- 3 Get annual physicals.** A complete physical examination includes measurement of blood pressure, urinalysis, complete blood work and an electrocardiogram (EKG). A physical and blood work will screen for such conditions including hypertension, diabetes, elevated serum cholesterol, anemia and liver or kidney problems. Keep the results in your personal medical record.

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1 Eating for a Healthy Brain

2 Quick Tip 1: Benefits of Volunteering

3 Quick Tip 2: Worried about Age Spots?

3 Living to Be 100

4 Recipe: White Bean Spread

Quick Tip¹

Volunteering

Volunteering offers satisfaction unlike anything else, and it helps others who are in need. It can also expand your social network, important to healthy aging. Lending your talents to worthy events or organizations is a surefire way to get inspired, spark creativity and promote further altruism. Consider your strengths and interests, and look for local events for some short-term volunteer opportunities to get your feet wet. Then contact local nonprofit organizations for information about ongoing volunteer opportunities.



Achieving Lifelong Health

continued from p.1

4 Be informed. Learn about recommended screening tests appropriate for your age, as well as the value of newer tests being developed.

5 Try preventive tactics for preconditions. In general, if you are diagnosed with a pre-condition such as prehypertension or prediabetes, first try to reverse it by non-pharmacological means. If those strategies don't work, use the mildest medication available at the lowest effective dose.

In addition, talk with your personal physician about any abnormalities or health concerns you have - he or she will be most familiar with your health history and together you can create a plan of action.



Eating for a Healthy Brain

continued from p.1

3 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.



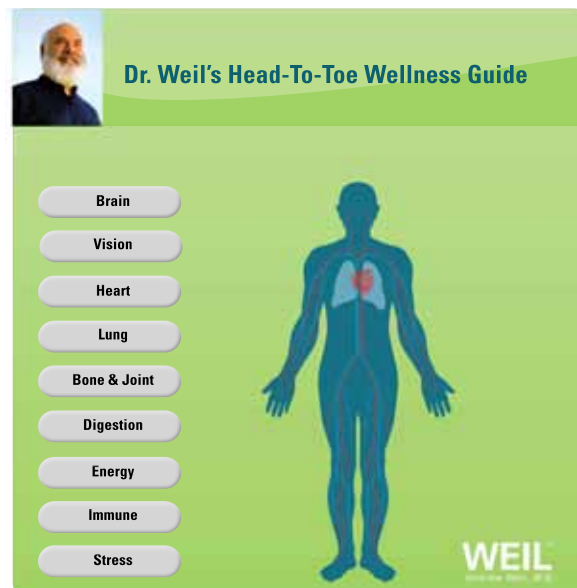
4 Focus on fish. Wild Alaskan salmon, sardines, herring and black cod are excellent sources of anti-inflammatory omega-3 fatty acids, yet are relatively low in potential environmental toxins. Diets rich in fish have been shown to alleviate depression and other mental health issues.

Dr. Weil's Head-to-Toe Wellness Guide: Living to Be 100

To achieve a long, healthy life, adopt some of the habits that supercentenarians have in common. Supercentenarians - people who live to be 110 or older - share four common characteristics that appear to contribute to their long life spans. Throughout their lives, they have remained:



- 1 Physically active.** Even as you get older, daily physical activity should be a priority. Modify your routine to incorporate gentle, frequent motion, such as daily walks, using the stairs instead of the elevator, or taking up hobbies that involve exercise, such as gardening, playing tennis or hiking.
- 2 Positive.** Maintaining an optimistic outlook is important to managing stress and preventing related health issues such as heart disease. You can easily train yourself to start looking at the glass as half full. Begin with some simple self-reflection and meditation, and use humor for coping with negative thoughts.
- 3 Social.** A network of family and close friends is vital to optimum health. You can enjoy the benefits of a well-developed social life by spending time with people who make you happy, joining community groups or clubs, volunteering and participating in support groups.
- 4 Spiritual.** Regardless of your religious affiliation (if any), feeling a connection with nature, or a higher being or purpose cultivates spirituality, and is an important part of graceful aging.



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Quick Tip²



Concerned about Age Spots?

Brown spots on your skin - up to an inch in diameter - are the result of years of sun exposure. Help prevent age spots by avoiding sun exposure and using sunscreen with an SPF of 15 or higher. To reduce the appearance of age spots, see your physician or dermatologist - they can recommend creams containing alpha-hydroxy or retinoic acid (use in conjunction with sunscreen) or laser treatments. He or she can also determine if an age spot is a precancerous lesion that should be removed.

White Bean Spread

When thinking of great taste accompaniments to bread, challenge the butter and olive oil and balsamic vinegar routine with this herby spread. What you have here is a versatile accompaniment for toasted baguettes or warm crepes. You can also use it as a dip made for thick chunks of French bread or pita sandwiches. Plan one day in advance in order to soak the beans overnight. Of course, you always have the option of using canned beans if you're really pressed for time.



Food as Medicine

White beans are an especially good source of fiber. Eaten as part of a meal, they slow the metabolism of glucose, making these beans an excellent dietary choice for diabetics or pre-diabetics.

INSTRUCTIONS

Note: Do not drain the water that the beans have been soaking in overnight. Bring it to a boil and cook for 45 minutes. The beans should be easily pierced with a fork.

- 1 Preheat the broiler.
- 2 Drain and transfer the cooked beans to a food processor or blender. Add the basil or pesto, lime juice, garlic, cumin, salt, Parmesan cheese, and 1 tablespoon of the olive oil and process or blend until smooth.
- 3 Cut the baguette into 1-inch slices and brush the remaining tablespoons of olive oil over them, then broil on the lower rack until lightly browned.
- 4 Put the toasted baguette slices on a platter. Scrape the spread into a nice bowl and set it in the middle of the platter and serve.

Serves 12

INGREDIENTS

- 12 cups Great Northern or cannellini beans (soaked overnight in 6 cups of water and 1 teaspoon baking soda)
- 1 bay leaf
- 1 teaspoon dried basil or pesto
- 2 teaspoons freshly squeezed lime juice
- 1 clove garlic, coarsely chopped
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 tablespoons freshly grated Parmesan cheese
- 3 tablespoons extra virgin olive oil
- 1 whole grain baguette

NUTRIENTS PER SERVING

Calories 156.1
 Fat 4.1g
 Saturated Fat 0.7g
 (23.1% of calories from fat)
 Protein 8.6g
 Carbohydrate 22.3g
 Cholesterol 1mg
 Fiber 5.4g



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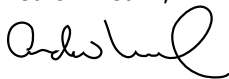
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Supplements cannot make up for a poor diet, but they can help to fill occasional gaps in a good one. This issue of *Balanced Living* discusses the role supplemental vitamins, minerals and herbal preparations can play in a healthy life. From natural ways to address common cold-weather ailments to choosing the best Chinese herbs, we'll provide you with guidance to help you navigate the crowded and often confusing world of supplemental nutrition. The fundamental rule: quality matters. Do your research: opt for a brand that has a widely recognized name (which may be more likely to consistently adhere to higher standards), and that bases its formulations on science rather than fads or hype.

P.S. - My new book, *Spontaneous Happiness*, will be published November 8, 2011. Look for it in your local bookstore or in the DrWeil.com Marketplace!

Yours in health,



Andrew Weil, M.D.



Natural Treatments for Winter Ills

Cold weather can bring a host of health challenges, from common respiratory maladies to dry skin and holiday-feasting-related stomachaches. These herbal remedies can help make the season a little more bearable. Look for the following at health food stores and follow package directions:

- 1 Ginger.** Ginger-root tea helps relieve head and chest congestion while staving off chills and stomachaches. To prepare, grate a one-inch piece of peeled ginger root, place it in a pot with two cups of water, bring to a boil, then lower the heat and simmer for five minutes. Add 1/2 teaspoon cayenne pepper and simmer one minute more. Remove from heat. Add two tablespoons fresh lemon juice, one or two cloves of mashed garlic and honey to taste. Let cool slightly, and strain if you wish. Drink a few cups a day as needed for symptoms.
- 2 Mullein.** Tincture of mullein helps relieve chest congestion and dry, bronchial coughs. Mullein oil can also be used to treat ear infections.

continued on p.2

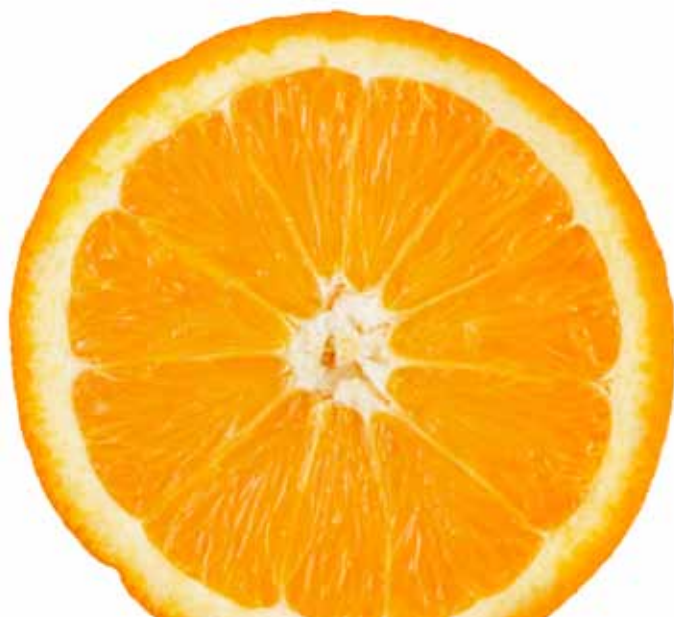
Eating Your B Vitamins



B vitamins help support adrenal function, assist in calming a healthy nervous system and are necessary for key metabolic processes. Pregnant women (and women seeking to become pregnant) may benefit from the effects of certain B vitamins on fertility, as well as lowered risk of birth defects such as spina bifida. If you want to boost your intake of B vitamins via your diet, eat more of the following:

- 1 B1 (thiamin).** Legumes, beef and pork, brewer's yeast, whole-grain breads and cereals, oatmeal, enriched pastas, rice bran and wheat germ, milk, nuts, seeds and oranges.

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1 Natural Treatments for Winter Ills

1 Eating Your B Vitamins

2 Quick Tip 1: When to Take Your Supplements

3 Quick Tip 2: Help for Mild Depression

3 Choosing Chinese Herbs

4 Recipe: Spinach Goma Ae

Quick Tip¹



When to Take Your Supplements

There are no rules about the best time of day to take supplements - simply take them when they most agree with you. Because vitamins and mineral supplements can occasionally cause nausea, heartburn and other gastric disturbances, it is recommended to take them with food. For best absorption and the least irritation to the stomach, take with a meal containing fat. This is particularly important for the fat-soluble vitamins (A, D, E and K). And don't forget to read the labels!

Natural Treatments for Winter Ills

continued from p.1

- 3 **Tiger Balm.** This Chinese herbal remedy is great for easing bronchial congestion. The two aromatic compounds have a warming action that brings more blood to the area. Rub Tiger Balm on the chest and cover with a warm towel.
- 4 **Calendula.** Calendula lotions and salves, made from the bright orange flowers of this popular ornamental plant, are soothing, gentle, and effective remedies for dry skin and chapped lips. Apply as needed.
- 5 **Eucalyptus and Sage.** Inhaling steam from water that contains crushed eucalyptus or sage leaves is an excellent remedy for respiratory problems, including chest congestion, bronchitis, and sinusitis. The aromatic oils from these herbs appear to help halt bacterial growth and reduce the risk of getting secondary infections. For best results, practice a steam routine at least twice a day. As a variation, add several crushed garlic cloves to the water. For sore throat, try a few soothing cups of sage tea. (Avoid sage tea if pregnant).

Eating Your B Vitamins

continued from p.1

- 2 **B2 (riboflavin).** High quality organic dairy products, eggs, enriched or fortified cereals and grains, meats, liver, dark greens (such as asparagus, broccoli, spinach and turnip greens), fish, poultry, and buckwheat.
- 3 **B3 (niacin).** Breads and cereals (fortified), chicken breast, tuna and veal are good dietary sources.



- 4 **B6 (pyridoxine).** Brewer's yeast, cereal grains, legumes, vegetables (carrots, spinach, peas), potatoes, milk, cheese, eggs, fish, sunflower seeds, and flour.
- 5 **B7 (biotin).** Organ meats, barley, brewer's yeast, fortified cereals, corn, egg yolks, milk, royal jelly, soy and wheat bran.



- 6 **B9 (folate or folic acid).** Spinach (check out the recipe on page 4), other green vegetables and beans are good sources, as are fortified products such as orange juice and cereals.
- 7 **B12 (cyanocobalamin).** Animal-derived foods are the best food sources of vitamin B12, including dairy, eggs, meat, fish, poultry and shellfish.



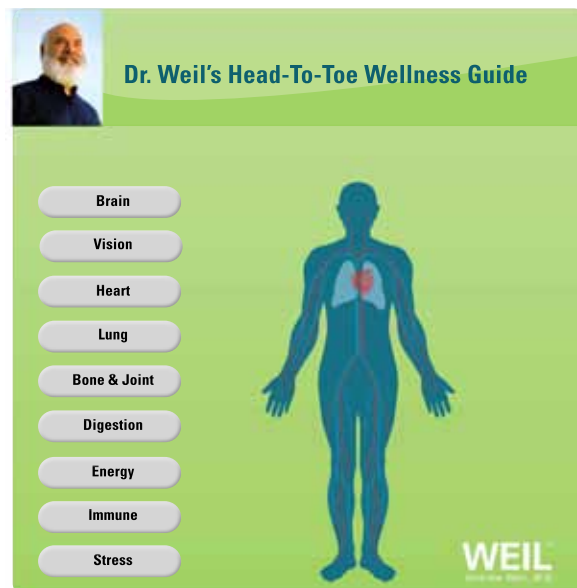
Dr. Weil's Head-to-Toe Wellness Guide: Choosing Chinese Herbs



People in Asia have benefited from using Chinese herbs for thousands of years. Herbs once only found in Chinese herbal pharmacies are now readily available - many over-the-counter supplements contain Chinese herbs.

If you are interested in experimenting with Chinese herbs, consider the following:

- 1 Make sure the supplements are high quality.** The manufacture of Chinese herbal supplements is not regulated. Good manufacturing practices (GMP) are very important. The manufacturer should follow GMP guidelines to ensure consistency and quality. The company manufacturing the supplements should submit them for analysis to certify that they contain the substances shown on the label and that they are free of contaminants. This information is often available on the company websites or by request.
- 2 Use the herbs properly.** Are you taking the right Chinese herb for the right reasons? This can be a difficult question to answer. Instead of relying on marketing, consult with a qualified Chinese herbalist. Often these experts will be licensed acupuncturists, who within their licensure have extensive training in Chinese medicine and herbs. These practitioners will take into account your condition and current medications and supplements. They will also be able to accurately assess the quality of the products they are dispensing.



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!

Quick Tip²



Help for Mild Depression

St. John's wort (*Hypericum perforatum*) is an herb effective in addressing mild to moderate depression, such as that caused by seasonal affective disorder (SAD). Since St. John's wort may take six to eight weeks to work, start this well before the dark days of winter and use it along with a light box or other type of bright-light therapy used for SAD.

Spinach Goma Ae

In Japanese, “goma” means sesame seed and “ae” means sauce. This cold, flavorful side dish (sometimes written as “gomae”) features a sesame seed dressing and is often found in bento, or lunchboxes. It’s a useful recipe when you need to use up a lot of garden-fresh spinach, as it cooks way down.

Food as Medicine

Spinach contains nearly twice the iron of other leafy greens, making it one of the most available plant-based sources of iron. It’s an excellent source of folic acid, potassium and magnesium, as well as vitamin K, carotenes, and vitamin C.

INSTRUCTIONS

- 1 Bring a large pot of water to full boil. Plunge the spinach into it, pushing leaves down and stirring until spinach is completely wilted (no more than two minutes).
- 2 Drain and cool quickly by submerging in cold water. Drain well, then squeeze handfuls of spinach to extract as much water as possible.
- 3 Place clumps of spinach on a cutting board and slice into 1/2 inch slices. Arrange on a plate.
- 4 Grind sesame seeds to medium fine. Add sugar and grind together. Mix in shoyu, sake, and sesame oil, and spoon dressing over spinach.

Serves 2



INGREDIENTS

- 1 lb. spinach, washed, stems removed
- 4 tablespoons sesame seeds, lightly toasted
- 4 teaspoons sugar
- 1 tablespoon sake
- 2 tablespoons shoyu (soy sauce)
- 1 teaspoon dark sesame oil

NUTRIENTS PER SERVING

Calories: 212
 Protein: 9.7 grams
 Fat: 11.0 grams
 Saturated Fat: 2.0 grams
 Monounsaturated Fat: 3.9 grams
 Polyunsaturated Fat: 4.8 grams
 Carbohydrate: 22.5 grams
 Fiber: 7.8 grams
 Cholesterol: 0.0 mg
 Vitamin A: 21,315.1IU
 Vitamin E: 0.0 mg/IU
 Vitamin C: 63.8 mg
 Calcium: 247.2 mg
 Magnesium: 236.4 mg

It seems that every week, another story about food-borne illness comes out on national news. Clearly, keeping your family and yourself healthy through proper food preparation, cooking and clean-up is crucial. In addition to keeping abreast of outbreaks and thoroughly washing all your produce (organic fruits and vegetables included), consider the information in this issue of *Balanced Living*.

We cover simple steps to safer salads, tips for preventing salmonella, ideas for keeping your kitchen antiseptic and more. We also include a list to use



when selecting your meats to help you avoid added hormones - a different kind of food safety issue, but an important one nonetheless. We also include a recipe perfect for the holidays - so long as you don't leave it sitting on the counter for hours, you should have no food safety issues with this one!

Yours in health,

Andrew Weil, M.D.

Six Steps to Safer Salads



Eating salads based on greens, particularly dark leafy varieties such as spinach and kale, can be a good way to get your Recommended Daily Allowance (RDA) of vegetables. However, as a recent contamination outbreak in Europe has shown, the contents of salad can sometimes be a source of E. coli and salmonella. Help minimize your risk of exposure to pathogens with these steps:

■ **Always rinse packaged greens**, even if the package states "prewashed." Greens that look fresh, especially greens in plastic, can still harbor bacteria. Loose and unpacked greens should be washed three times under cold, running water to remove sand, dirt and any bacteria that may be present.

continued on p.2

Preventing Salmonella

Each year an estimated 40,000 cases of salmonella, a food-borne illness caused by salmonella bacteria, are reported in the United States. The number of actual cases is likely to be much higher, as mild cases may go undiagnosed and unreported. The good news is that it is often a preventable infection. Salmonella is transmitted to humans when foods are consumed that are contaminated with feces - either animal or human - by food handlers or from other sources along the farm-to-table supply chain. Contaminated foods are often of animal origin, such as beef, poultry, milk or eggs, but any food - including vegetables and fruit - may harbor salmonella.

continued on p.2



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- 1 Six Steps to Safer Salads
- 1 Preventing Salmonella

- 2 Quick Tip 1: Minimizing Household Germs
- 3 Quick Tip 2: Properly Cooking Your Meat

- 3 Avoiding Hormones in Beef
- 4 Recipe: Wild Rice and Mushrooms

Quick Tip¹



Minimizing Germs in the Kitchen

The kitchen sponge can be a source of germs: its moist environment can breed bacteria, molds and other pathogens. Replace sponges frequently, or run them through the dishwasher weekly. Sinks and drains are also typically germ-ridden, as are handles on the refrigerator and microwave, and cutting boards. Wipe down these surfaces with a solution of 3/4 cup bleach to a gallon of water, or for a natural solution, add 50 drops of tea tree oil to a vinegar/water solution.

Preventing Salmonella

continued from p.1

When it comes to preventing salmonella, the Centers for Disease Control and Prevention (CDC) suggests the following:

1 Contaminated foods usually look and smell normal, so it is important to thoroughly wash all produce and cook all foods of animal origin. Avoid eating beef, poultry or eggs that are not cooked well, and do not consume raw or unpasteurized milk or other dairy products.

2 Avoid cross-contamination of foods - keep uncooked meats separate from produce, cooked foods, and ready-to-eat foods. Thoroughly wash your hands, cutting boards, counters, knives and other utensils after touching uncooked foods.

3 Keep your hands clean - wash them before handling food, between handling different food items, and always after using the bathroom.

Six Steps to Safer Salads

continued from p.1

- 2 Don't purchase greens** that are past their "best-if-used-by" date.
- 3 All vegetables and fruits** should be scrubbed under cold, running water before being used.



- 4 Do not put raw bean sprouts** or alfalfa sprouts in your salad - the risk of toxins, E. coli or salmonella from these sources is high.
- 5 If using tofu in salad**, purchase it in packaged form only - avoid buying it in bulk out of open barrels, which may harbor unwanted organisms.
- 6 At a salad bar**, make sure that the vegetables are well chilled (kept over ice) and that the food is properly shielded with a sneeze-guard or hood. Avoid any items that look old or dried out.



Dr. Weil's Head-to-Toe Wellness Guide: Avoiding Hormones in Beef

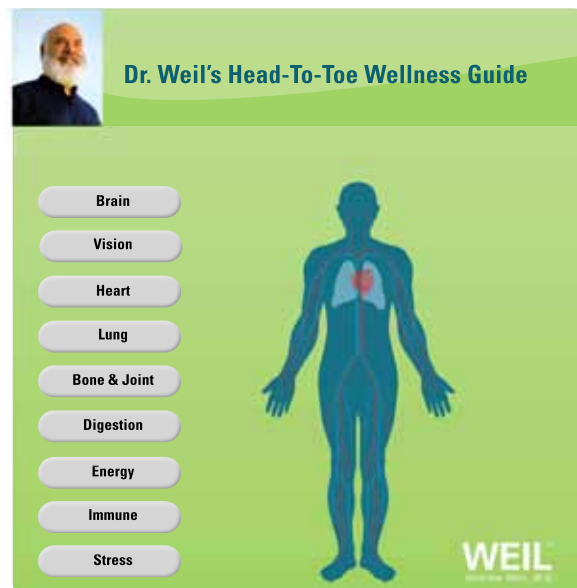
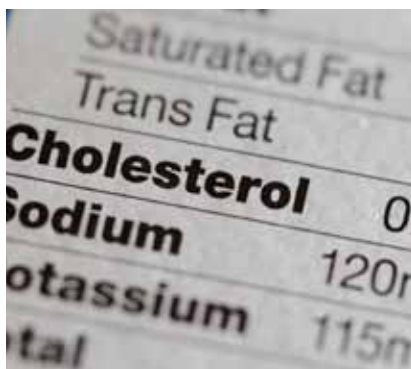
While not a food safety issue per se, hormones in meat should be of concern: an estimated two-thirds of the cattle raised in the U.S. are given hormones, including testosterone and estrogen, to help boost growth. These hormone residues may increase the risk of breast cancer and other reproductive system cancers among women, and may promote development of prostate cancer in men.

Consider the following when shopping:

1 Know which animals are likely to contain these unwanted hormones. Currently, cattle and sheep are the only animals allowed to have growth hormones added. The USDA does not permit the use of hormones in hogs; chickens, turkeys and other fowl; or venison.

2 Read labels carefully. Look for the words "no hormones administered" on packaging, which indicates these chemicals were not used in raising the animals.

3 Use meat alternatives if hormone-free animal products are cost-prohibitive. You can substitute vegetable protein for meats (beans, legumes and mushrooms are hearty vegetarian options that work well as meat substitutes); or use faux meat, such as products made from whole soy that duplicate the texture and appearance of meats.



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!



Quick Tip²

Properly Cooking Your Meat

Undercooked meat can promote unwanted bacteria. Help prevent illness by thawing meat before preparing so it cooks evenly; cooking meat to 160 degrees F (until the center is no longer pink), poultry to 180 degrees F, and ground poultry to 165 degrees F - check temperature with a meat thermometer; and not putting cooked meat on a plate that has held raw meat.

Wild Rice and Mushrooms

Whole grains, such as brown rice, quinoa and oats, are a far better source of energy than the hunks of meat most Americans expect in the center of their plates. Grains supply complex carbohydrates, protein, vitamins, minerals and fiber - all wrapped up in tasty packages. Wild rice is a delicious grain that isn't really rice at all - it's actually a long-grain marsh grass that grows wild in the Great Lakes area and is cultivated commercially in California



and the Midwest. I mix wild rice with mushrooms and chopped nuts for a combination of colors, textures and luxuriant flavors. When you use wild rice, be sure to wash it thoroughly first. Set it in a bowl, cover it with water and let the debris float to the surface so you can pour it off. Don't cook it too long or you'll get starchy, wimpy grains that have lost much of their flavor. Serves 6.

Food as Medicine

The nutritional profile of wild rice is impressive - it contains approximately twice the amount of protein and fiber as brown rice. Thanks in large part to its cholesterol-lowering fiber, wild rice is a great choice for heart health. The shiitake mushrooms in this recipe are nutritionally valuable as well: they contain an active compound called lentinan that appears to be a potent immune-booster.

INSTRUCTIONS

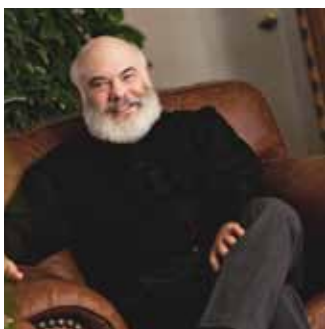
- 1 Soak the dried mushrooms in water to cover until they are soft. Squeeze them out, reserving liquid, and slice.
- 2 Wash the wild rice in cold water and place in pot with the mushroom-soaking liquid (minus any sediment) and enough additional cold water to total 2 cups.
- 3 Add the orange juice, sherry and carrots. Bring to a boil, reduce heat, cover and simmer for 30 minutes.
- 4 Add mushrooms and continue cooking until rice is tender and all the liquid is absorbed.
- 5 Add the chopped parsley and salt or soy sauce to taste. Stir in the finely chopped nuts (black walnuts, pecans or filberts).

INGREDIENTS

1 cup dried porcini or shiitake mushrooms
 2 1/2 cups water, approximately
 1 cup wild rice
 1/2 cup freshly squeezed orange juice
 1/4 cup dry sherry
 1/2 cup sliced carrots
 2 tablespoons chopped fresh parsley
 Salt or natural soy sauce to taste
 1/2 cup finely chopped walnuts or pecans

NUTRIENTS PER SERVING

Calories: 147.7
 Protein: 3.9 grams
 Fat: 6.5 grams
 Saturated Fat: 0.5 grams
 Monounsaturated Fat: 3.8 grams
 Polyunsaturated Fat: 1.7 grams
 Carbohydrate: 18.1 grams
 Fiber: 2.4 grams
 Cholesterol: 0.0 mg
 Vitamin A: 1,798.0 IU
 Vitamin E: 0.5 mg/IU
 Vitamin C: 13.8 mg
 Calcium: 13.0 mg
 Magnesium: 36.1 mg



Getting healthy need not be overwhelming. But many "New Year's resolutions" seem to wither around the middle of January, possibly because people try to make too many changes at once. I suggest phasing in your lifestyle improvements. Start by swapping an unhealthy habit (such as watching too much television)

for a healthy one, like walking. Once that becomes automatic, add a mind-body technique - say, starting each day with a short meditation session. Soon, you'll find that these incremental changes have transformed your life! Use this issue of *Balanced Living* to help get a jump start on resolutions - try adding one of them to your life this month, and by the New Year, it will be a habit!

Yours in health,

Andrew Weil, M.D.

Now Available: SpontaneousHappiness.com!

SpontaneousHappiness.com, my new web site, is now live. Based on my book of the same name released November 2011, this online plan provides eight weeks of advice for optimum emotional well-being. Start your 10-day free trial now!

Five Fun Resolutions!

If you think that making New Year's resolutions also means having to give up some of your favorite things, think again. These resolutions are fun, enjoyable, and - believe it or not - healthy!

- 1 Snack all day long.** Eating small meals throughout the day helps keep blood sugar levels stable and energy levels high. Make your main meals smaller in size, and stock up on healthy, satisfying snack items to round out your day. Good choices include fresh veggies, whole wheat pita and hummus; seasonal fruit salad with yogurt and freshly ground flaxseed; whole grain crackers with a small piece of cheese or some smoked salmon; veggie or soy burgers; or a nut-and-dried-fruit mix.
- 2 Get moving.** Dancing is fun and social, and the exercise that it provides may actually help reduce the risk of Alzheimer's disease, osteoporosis, heart disease, and other health issues. In addition, it can promote stability and flexibility.
- 3 Indulge in massage.** It's wonderfully relaxing, but massage shouldn't just be considered an indulgence, especially when it has so many health benefits. This hands-on therapy can help manage stress levels, reduce blood pressure and heart rate, ease muscles and stiff joints, lower the levels of stress hormones, and enhance immune function.

continued on p.2

Eight Reasons to Practice Meditation

Meditation is directed concentration, and involves learning to focus your awareness and direct it onto an object: your breath, a phrase or word repeated silently, a memorized inspirational passage or an image in the mind's eye. It's a healthy resolution to learn and practice meditation, as the benefits of meditation are numerous - it helps to:

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1 Five Fun Resolutions!

1 Eight Reasons to Practice Meditation

2 Quick Tip 1: Simple Step to a Healthy Weight

3 Quick Tip 2: Create Humor in Your Life

3 Keeping a Gratitude Journal

4 Recipe: Winter Squash and Apple Soup

Quick Tip¹

Simple Step to a Healthy Weight

Want to shed some unwanted pounds, increase your energy and even improve your mental outlook? Trade TV for a walk every day! Dr. Weil recommends walking 30-45 minutes a day as an ideal way to maintain a healthy weight; he also recommends taking regular breaks from television - its images and messages can lead to feelings of anxiety and depression. Simply swap out 30 minutes of TV a week for a walk; work your way up to making it a daily activity. You will soon feel better in body, mind and spirit!



Five Fun Resolutions!

continued from p.1

4 Take naps. People who nap generally enjoy better mental health and mental efficiency than people who do not. The quality of night-time sleep also tends to be better when naps are part of a daily rest and sleep routine. Make it a point to relax for 20 minutes or so when you are feeling sluggish.



5 Play games. Research shows that the old adage “use it or lose it” applies to your mental power as much as to the rest of your body. Crossword puzzles, computer challenges, and other mentally stimulating games all force your brain to do some work, even though they seem fun.

Eight Reasons to Meditate

continued from p.1

- 1 Lower blood pressure.**
- 2 Decrease heart and respiratory rates.**
- 3 Increase blood flow.**
- 4 Enhance immune function.**
- 5 Reduce perception of pain.**
- 6 Relieve chronic pain due to arthritis and other disorders.**
- 7 Maintain level mood.**
- 8 Bring awareness and mindfulness to everyday aspects of life.**



A simple form of meditation that can be practiced by anyone is to walk or sit quietly in a natural setting and allow your thoughts and sensations to occur, observing them without judgment.

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

Practicing Gratitude: Keeping a Gratitude Journal

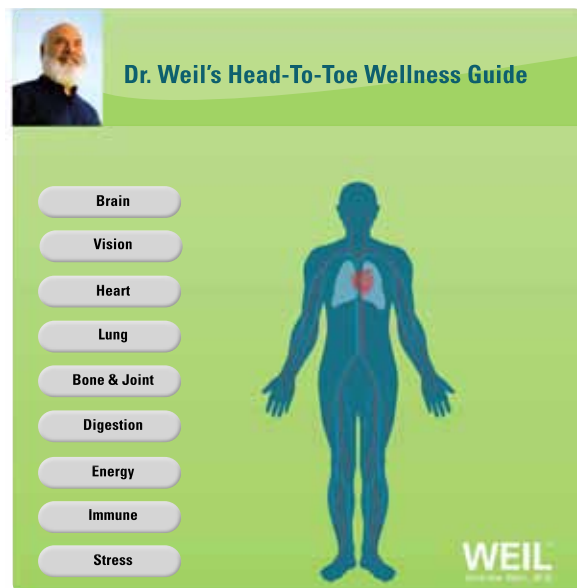
The following is provided by Dr. Weil's new website, SpontaneousHappiness.com. Visit today to start your 10-day free trial!

Dr. Weil considers expressing gratitude to be one of the very best strategies to enhance emotional well-being. It's right up there with fish oil, physical activity and managing negative thoughts. The good news is that the ability to feel and express gratitude can be cultivated. Start by thinking about what you have to be grateful for; being alive is a good place to start. Enjoying good health; being able to put food on your table; having shelter; warmth in winter... all are things for which to be grateful.

Another way to practice gratitude is to record your thoughts in a "gratitude journal." It's simple:

- 1 Dedicate a notebook** as a gratitude journal and keep it by your bed.
- 2 Make mental notes** throughout the day of things you have to be grateful for, then enter them briefly in your journal at bedtime.
- 3 Take a moment** to feel grateful as you write.

You'll find this simple exercise has extraordinary power, and is something you should do diligently. Note that some people find it even more effective if done weekly rather than daily; experiment with what works best for you.



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Quick Tip²

Create Humor in Your Life

Humor helps reassign meaning to experience, and laughter is a sign of healthy acceptance of life's ups and downs. Take time to watch funny movies, plays, or other shows, or consider taking a "laughter yoga" class, where groups of people meet to laugh together as a form of physical and mental exercise. Visit www.laughteryoga.org for more information.

Roasted Winter Squash & Apple Soup

I think this rich soup is a showstopper. See if conversation doesn't come to a halt when people taste it at your table. Roasting brings out a striking depth of flavor in the squash, and the combination with apples and onions is irresistible. The Cilantro Walnut Pesto (on DrWeil.com) puts it over the top. I dream about this soup. And you will be delighted to find how easy it is to make.



Food as Medicine

You get all sorts of goodies here - antioxidant carotenes from the squash, omega-3 fatty acids from the walnuts, and plenty of vitamins, minerals, and fiber.

INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 In a large roasting pan, toss the squash, onions, garlic, and apples with the oil to coat. Season well with the salt and chili powder. Roast, stirring every 10 minutes, until the vegetables are fork-tender and lightly browned, about 40 minutes.
- 3 Put half the vegetables with 2 cups of the stock in a food processor and purée until smooth. Repeat with the remaining vegetables and broth. Return puréed mixture to the pot. If the soup is too thick, add more broth.
- 4 Correct the seasoning and heat to a simmer.
- 5 Serve in warm bowls with dollops of Cilantro Walnut Pesto (see DrWeil.com for recipe).

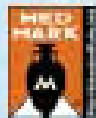
Serves 4

INGREDIENTS

- 1 large winter squash (about 2 1/2 pounds), such as butternut, buttercup, or kabocha, peeled, seeded, and cut into 2-inch pieces.
- 2 medium onions, peeled and quartered
- 3 cloves garlic, peeled
- 2 tart, firm apples, peeled, cored, and quartered
- 2 tablespoons extra virgin olive oil
- Salt and red chili powder to taste
- 4-5 cups vegetable stock

NUTRIENTS PER SERVING

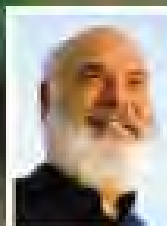
Calories 274
 Fat 8g
 Saturated Fat 1g (26% calories from fat)
 Protein 17g
 Carbohydrate 40g
 Cholesterol 0mg
 Fiber 11g



"I have long been a proponent of the health benefits of organic foods. This exceptional extra virgin olive oil exceeds my expectations for both taste and healthful qualities"


Andrew Weil, M.D.

Visit Lucini.com for information & recipes



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