

# Daniel C. Lee, D.O.

## **A HEALTHY, ANTI-CANCER, ANTI-ALZHEIMER'S, CARDIAC-WISE LIFE:**

**MINIMUM EXERCISE:** 30 minutes/day, 4 days/week, must increase exertion until you perspire and are slightly out of breath. Core exercises and Weight lifting are best! Desire increased heart rate to 1.5x resting. Stretch before and after.

### **WHAT IS REAL EXERCISE? YOU GOTTA KNOW! AT EVERY AGE!**

**Why do it: energy, weight control, heart health, endurance, strength, longevity, reduce depression, look good, prevent osteoporosis, have better sex, prevent falls, delay bedridden state.**

To make a muscle fit, we work it slightly harder than usual use for a sustained period of time on a regular basis. Because the most important muscle in your body is the heart muscle, which is always pumping, you must exert your heart muscle by raising the heart rate for thirty minutes four times weekly, over its normal workload. This is exercise!

This does not mean gardening or slow walking, Yoga, which are great activities, and good for the soul, but they have little or no impact on the heartbeat.

It means we have to do something a little vigorously to get our heart rate up, such as walking vigorously for 15 minutes away from our home and then 15 minutes back to your home. Or you could stand still and lift weights, or ride a bicycle, or do push-ups and sit-ups on the floor, or sit in a chair and lift weights...anything that is slightly exertive, and done consistently for 30 minutes, regularly for 4 times weekly.

No matter what your ability, you can always creatively exercise your heart muscle.

### **AS LONG AS YOU ARE ALIVE, YOU NEED TO EXERCISE!**

#### **Why?**

For energy, weight control, health, endurance, strength, longevity, anti-depressant, libido. Just 2500 calories of exercise/week halves heart disease and cancer risk! Do it!

If walking is what you already do for exercise, do it slightly faster, or carry a one-pound weight on each of your wrists, and constantly be moving your hands over your head in patterns to spend more calories, protect your bones, improve your balance, and strengthen your heart.

**BEST DIET: DIVERSE, HIGH FIBER:** 9 servings of vegetables and fruits daily: onion, cabbage, broccoli, cauliflower, kale, spinach, beans, peas, tomatoes, sweet potatoes, squash, any citrus, blueberries, prunes, raisins, cantaloupe, apples, banana, greens but not iceberg lettuce.

Oils: Use grape seed oil (less free radicals) for cooking at high temperatures and extra virgin olive or flaxseed oil at low temperatures to finish the dish you are cooking.

REDUCE DAIRY FATS. Eat low-fat dairy products. These fats go right to your arteries.

**VITAMINS THAT YOUR SHOULD TAKE (BASED ON MEDICAL EVIDENCE):**

ONE Multivitamin, such as Centrum Silver, or other brand name.

Supplements: Vit D: 5,000 mcg, Folic Acid: 800mcg (if pregnancy possible)

**OPTIMIZE YOUR BODY MASS INDEX (BMI) TO <25 to live 12 years longer:**

<http://www.nhlbisupport.com/bmi/bminojs.htm> to calculate your BMI)

Most successful way to get there: Weight Watchers weekly meetings for 2 years are more effective than any other plan. Plan not to diet but to change your life. If you are above your ideal body weight, you can expend 300 calories by doing one hour of gentle exercise activity.

If you expend or reduce intake by only 300 calories daily, you will lose one pound every 2 weeks and improve your cholesterol, reduce risk of breast and colon cancer, avoid osteoporosis, improve blood pressure, reduce heart attack and stroke risk, and reduce depression. Participation in sports activities promotes balance, joy and longevity! (*Anderson, Arch Int Medicine, 2000*).

**GET SCREENED:** The tests that should be done on all healthy women:

- Cervical Cancer: The American College of OB/GYN (ACOG) recommends a PAP smear starting at 21 years old, every 1-3 years, depending on your age and history.
- Breast Cancer: The American Cancer Society and ACOG recommends annual mammograms starting at age 40.
- Colon Cancer: The National Comprehensive Cancer Network (NCCN) recommends a colonoscopy every 10 years starting at age 50.
- Cholesterol: The National Cholesterol Education Program guidelines recommends screening be performed at least once every five years for all persons age 20 and over.
- Diabetes: The American Diabetic Association recommends annual screening in all patients with a BMI >25 and 1 risk factor or starting at age 45 and no risk factors
- Thyroid disease: The American College of Physicians recommends screening every 5 years starting at age 50.
- Osteoporosis: The National Osteoporosis Foundation (NOF) recommends a bone density screening test every 2 years starting at age 65 or 50 years old with any risk factors.
- Dental: The American Dental Association recommends examination and cleaning every 6 months.

**MENTAL HEALTH:** Therapy, Prayer and Meditation, Spiritual Growth, and Reading Groups.

**SLEEP:** At least 7 hours of good rest. Sleep is VERY important for your health.