

# Look And Feel Younger Without Drastic Measures

Today, "actual age" and "physical age" are two different things. For those who care for their bodies, by following the easy dietary and exercise recommendations for anti-aging, it is possible to feel and look younger without drastic measures.

Dr. Mehmet Oz, a cardiothoracic surgeon, author, and frequent guest on Oprah Winfrey's program has shared his tips for turning back the clock and boosting health in the process with Oprah's viewers.

His approach is not new and can easily be adapted by anyone. Here are some top points to consider:

· **Choose healthy foods:** Antioxidants are found in most dark fruits and vegetables, among other things help slow down or

reverse the process of oxidation. The result can be reclaimed vitality and noticeable health improvements, such as the ability to fight against disease and certain cancers.

A balanced diet will offer anti-oxidant-rich foods. Supplementing with a good multivitamin, such as Nutrina Vitamax®, will offer consistent nutrient and vitamin intake, complementing the foods you eat.

· **Seeing red:** Resveratrol, a component of red wine, is a powerful antioxidant contained in the skin of the grapes.

Resveratrol is also found in red/purple grape juice products as well as Ultimate Reds® blend of antioxidants. It is show to slow down aging and increase endurance. It may also promote heart health.

· **Calcium is a must:** Calcium is necessary for maintaining strong bones, which tend to become more brittle as one ages.

However, taking calcium alone can contribute to constipation, which is why Dr. Oz recommends taking calcium with magnesium for optimal health.

A good product to try is CalMax®, which combines calcium and

magnesium together in a great tasting, carbonated beverage.

· **Maintain internal plumbing:** Staying young also involves making sure your intestines and bowels are working properly. You'll need 25 grams of fiber a day to get the job done.

Unfortunately, that's more than the average person eats. However, a supplement such as Nutranetics Fiber supports a healthy intestinal

tract, colon and liver by helping to remove impurities and cleanse gently and naturally.

· **Don't forget the exercise:** Moderate daily exercise that takes inches off is also an essential component to anti-aging.

Many people, however, find that after a day at the office they simply don't have the energy to hit the gym. Adaptoprin Energy Formula contains Leuzea, an adaptogenic

herb that helps promote increases in stamina, reflexes and concentration, making it more likely that you will be up to hitting the gym or going for that evening jog at the park.

Dr. Newton's web site offers one-stop shopping for all of the natural health products and nutritional supplements necessary to help turn back the hands of time. Visit [www.drnewtons.com/checklist.html](http://www.drnewtons.com/checklist.html) for more information.

## Diet Sodas May Not Be Very Beneficial Choices

Those who regularly drink diet soft drinks may not lose weight. In fact, they may gain more weight for every diet drink they consume.

After collecting eight years of data, Sharon P. Fowler, MPH, and colleagues at the University of Texas Health Science Center at San Antonio reported in 2005 that diet soft drinks may do more harm than good.

Fowler discovered that the overweight Risk soars 41 percent with each daily can of diet soft drink. That isn't to say that diet sodas and such actually cause obesity, but they may be a contributing factor.

There are some theories behind why diet sodas may trigger weight gain. First and foremost is the human factor.

Many times people drinking diet sodas believe they can get away with eating higher calorie foods because of all the calories they "save" by drinking diet sodas.

There are actually those who regularly order high calorie fast food and then round out the meal with a diet soda.

Some wonder, "what's the point?" While beverages do con-

tribute to overall caloric intake, the drinking of diet soda does not negate the amount of fat and calories that a poor food choice would bring to the table.

The result may actually be over-indulgence.

There is another factor in the diet soda/obesity connection. The body may actually be smarter than one gives it credit for.

Upon drinking a sweetened diet beverage the body tastes the sweetness and thinks there are calories that will be coming with it.

When there are no such calories, the body becomes confused and actually starts to crave even more calories to overcompensate.

Fowler offers proof to this idea. In a recent study, the feeding of artificial sweeteners to rat pups made them crave more calories than animals fed real sugar.

So it stands that diet sodas with artificial sweeteners may actually boost appetite and make a person crave foods that aren't quite healthy. The better idea for individuals is to just consume a sugared beverage, or better yet, opt for a tall glass of water instead.

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