

Authors of the  
*New York Times*  
bestseller **SuperFoods**



# SuperFoods

## HealthStyle



**Steven Pratt, MD and Kathy Matthews**  
Proven Strategies for Lifelong Health

## About the Book

A season-by-season guide to a long, healthy and vigorous life.

In this follow-up to the international bestseller, *SuperFoods*, medical expert Dr Steven Pratt and health writer Kathy Matthews provide a wealth of essential information, and the motivation and inspiration to enable you to achieve optimal health.

Complete with delicious recipes, advice on exercise and the importance of sleep and 'down time', this invaluable guide will help you to create a personal HealthStyle. As it offers practical guidance on a range of subjects, including how best to avoid serious illnesses, such as Alzheimer's, osteoporosis, diabetes and heart disease, it also introduces us to the benefits of six new SuperFoods – avocados, dates, kiwis, olive oil, dark chocolate and pomegranates – and features fascinating new information on SuperSpices and the powerful health benefits they can provide.

Practical, easy-to-follow and based on the very latest scientific research, *SuperFoods HealthStyle* also reveals startling new evidence on spirituality, medicine and the mind/body connection. This is the first ever comprehensive seasonal guide to achieving a healthier, happier – and yes, longer life.

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## LIFESTYLE

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# SuperFoods HealthStyle

Proven Strategies for  
Lifelong Health

Steven G. Pratt M.D.  
and Kathy Matthews

*In memory of Al Lowman*  
*1948-2005*  
*agent, friend, mentor*

## Acknowledgements

Once again, Team Pratt (my wife, Patty, and my kids, Mike, Tyler, Torey and Brian, and Mike's wife, Diane) have played an essential and much appreciated role in completing this book. Torey has been my research associate for *SuperFoods HealthStyle*, and could not have done a better job in tracking down the hundreds of studies I reviewed while completing this manuscript. Thanks again to the wonderful employees in my medical office, especially Carol Henry and Maurya Hernandez, for helping me successfully manage my busy clinical practice while working on this book. A special thank-you to my patients, who have cheered me on, provided many insights into what works for them (and what does not), and patiently seen their scheduled appointments change when 'book duty calls'. I appreciate the information about kiwis and avocados provided by my tireless patient Mr Don Rodee.

Thank you, Dr Joe Vinson, for your careful analysis of the polyphenol content of selected foods listed in *HealthStyle* - everyone will love the good news about dark chocolate! I owe a special word of appreciation to Dr Stewart Richer and Dr Victor Sierpina, both good friends and outstanding health care professionals, for their insights, suggestions, and vast knowledge of disease prevention. Thank you to Scripps Health and the Scripps Center for Integrative Medicine, its director Dr Mimi Guarneri, along with Dr Robert Bonakdar, Rauni King, Karen Struthers, Donna Gilligan and Lori Winterstein, for leading the charge into what I believe will be the model for medical 'healthstyle wellness' care in the twenty-first century. The same can be



said for the Calgary Health Region, and two of its employees, Lori Pullian and Joanne Stalinski.

I am blessed to be working with three great SuperFoods partners and friends – Dr Hugh Greenway, Ray Sphire and David Stern. Debra Szekely, founder of the Golden Door and Rancho La Puerta, continues to inspire me in my own quest to bring optimum health to the world through books such as *HealthStyle*.

I would like to thank Dave Hamburg, the chief operating officer for Vital Choices Seafood. You and your company really ‘stepped up to the plate’ when it came to providing and developing scientific information relating to the wild Alaskan fish, the backbone of your business. Thanks to Laura Fleming for educating me on the life cycle of wild salmon.

Everyone at William Morrow has been superb. I’d like to give a special thank-you to Michael Morrison and to the world’s best editor, Harriet Bell.

No one can write a book like Kathy Matthews. Kathy, I am so thankful to be working with you. Your combination of professionalism, friendship, dedication, wit, sense of humour, and reliability is impossible to match.

I know my close friend, confidant, and agent ‘Maestro’ Al Lowman is enjoying every word of this book from heaven. It was Al who championed *HealthStyle*, as he felt strongly, as I do, that this was indeed a twenty-first-century concept.

– Steven G. Pratt, M.D.

*SuperFoods HealthStyle* has been another wonderful adventure for me and I’ve enjoyed the help and support of family, friends and colleagues in completing the manuscript.

My husband, Fred, and sons, Greg and Ted, have been endlessly patient with my preoccupation and reduced homemaking for the duration of this project. (Someday, I

promise, we will celebrate birthdays and holidays like normal people.)

Once again, Steve Pratt has proven himself to be the most knowledgeable and dedicated professional imaginable. There is nothing about food and healthy living that he doesn't know. The SuperFood partners, Ray Sphire, David Stern and Hugh Greenway, have been endlessly creative and imaginative as they spread the word on SuperFoods throughout the world. Mark Cleveland has been an imaginative and eager contributor to the SuperFoods concept with his recipes and tips.

The team at William Morrow has been truly wonderful to work with. Harriet Bell is an extraordinary editor – supportive, energetic, and enthusiastic. Michael Morrison, Debbie Stier, Juliette Shapland and many others at Morrow have been tireless in their support of the *SuperFoods HealthStyle* project.

I am in debt to friends who made suggestions, encouraged me and supported this project. They include Dale Blodget, Diane Essig, Lorna Wyckoff, Maggie Peterson, Lori Kenyon, Jon Annunziata and the Island girls – Jean Drumm, Julie Karpeh and Nancy Nolan.

– Kathy Matthews

## Introducing Chef Mark Cleveland

Eating well is an important part of HealthStyle, and we all need guidance and inspiration when it comes to putting healthy, delicious food on the table. We are fortunate to have Chef Mark Cleveland help us turn SuperFoods into super meals.

Mark learned to cook as a child from his wise Italian grandma, mastered the concepts of healthy California vegetarian cuisine while in college, and expanded his

repertoire of ingredients, techniques, and flavours while living and working in Japan. Once back in California, Mark founded BIAN Personal Chef, a service that specialized in naturally nutritious meals with an international flair. Mark is now busy with his new Avanti Cafe in Costa Mesa, California. Mark's extensive experience teaching cooking techniques is obvious in the care he's taken in developing HealthStyle recipes.

The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.

– Thomas Edison

The medicine wheel – the traditional Lakota symbol for medicine, health, and balance – is essentially a circle with a cross in the middle. To the east is the spiritual realm, to the north is the mental realm, to the west the physical, and to the south the emotional. To be healthy you must be in balance in all four directions, essentially living in the centre of the circle.

– Donald Warne, M.D., M.P.H.

## ***Conversion Charts***

### LIQUID MEASURES

US MEASURES	FLUID OUNCES	IMPERIAL MEASURES	MILLILITRES
1 teaspoon	$\frac{1}{2}$	1 teaspoon	5
2 teaspoons	$\frac{1}{4}$	1 dessertspoon	10
1 tablespoon	$\frac{1}{2}$	1 tablespoon	15
2 tablespoons	1	2 tablespoons	30
$\frac{1}{4}$ cup	2	4 tablespoons	56
$\frac{1}{3}$ cup	$2\frac{2}{3}$		80
$\frac{1}{2}$ cup	4		110
$\frac{2}{3}$ cup	5	$\frac{1}{4}$ pint/1 gill	140
$\frac{3}{4}$ cup	6		170
1 cup/ $\frac{1}{2}$ pint	8		225
$1\frac{1}{4}$ cups	10	$\frac{1}{2}$ pint	280
$1\frac{1}{2}$ cups	12		420
2 cups/1 pint	16	generous $\frac{3}{4}$ pint	450
$2\frac{1}{2}$ cups	20	1 pint	560
3 cups/ $1\frac{1}{2}$ pints	24		675
$3\frac{1}{2}$ cups	27		750
$3\frac{3}{4}$ cups	30	$1\frac{1}{2}$ pints	840
4 cups/2 pints	32		900
$4\frac{1}{2}$ cups	36		1000/1 litre
5 cups	40	2 pints/1 quart	1120
6 cups/3 pints	48	scant $2\frac{1}{2}$ pints	1350
7 cups	56	$2\frac{3}{4}$ pints	1600
8 cups	64	$3\frac{1}{4}$ pints	1800
9 cups	72	$3\frac{1}{2}$ pints	2000/2 litres
10 cups/5 pints	80	4 pints	2250

### SOLID MEASURES

US AND IMPERIAL	METRIC EQUIVALENT
1 oz	25 grams
1½ oz	40
2 oz	50
3 oz	60
3½ oz	100
4 oz/¼lb	110
5 oz	150
6 oz	175
7 oz	200
8 oz/½lb	225
9 oz	250
10 oz	275
12 oz/¼lb	350
16 oz/1lb	450
1¼lb	575
1½lb	675
1¾lb	800
2 lb	900
2¼lb	1000/1 kilo
3lb	1kg 350g
4lb	1kg 800g
4½lb	2 kilos
5lb	2kg 250g
6lb	2kg 750g

## OVEN TEMPERATURE EQUIVALENTS

FAHRENHEIT	CELSIUS	GAS MARK	HEAT OF OVEN
225°	110°	$\frac{1}{4}$	Very cool
250°	120°	$\frac{1}{2}$	Very cool
275°	140°	1	Cool
300°	150°	2	Cool
325°	160°	3	Moderate
350°	180°	4	Moderate
375°	190°	5	Moderately hot
400°	200°	6	Moderately hot
425°	220°	7	Hot
450°	230°	8	Hot
475°	240°	9	Very Hot

## INTRODUCTION

# Welcome to HealthStyle

HealthStyle is a fresh new way of living. It embraces every aspect of life that promotes health and optimism.

HealthStyle is not a diet or an exercise programme or a few isolated principles that promise you'll feel better in a few days or weeks. You're reading this because you already know that's not possible.

You want to live fully, healthfully. HealthStyle recognizes that achieving optimal health in the twenty-first century is a synergy of information, motivation, good habits and inspiration. Many people are aware that the current accepted course of much of traditional medicine – end-stage care of chronic, often fatal, ailments with drugs or surgery – may not be the solution for a long, healthy, fulfilling life. Disease and disability take years and years to develop. Once we experience symptoms, our lives are often changed for ever, usually for the worse. What if you could stop that microscopic cancer cell that showed up in your kidney when you were twenty-five years old and prevent it from thriving? What if by eating a diet high in phytonutrients and fibre, exercising to regulate your metabolism, sleeping enough to maintain a strong immune system – what if all of these and other aspects of your HealthStyle resulted in that tiny cell being flushed harmlessly from your system? What if instead of getting a diagnosis of kidney cancer at age fifty-five after a few years of mild nagging back pain, instead you sailed right on to sixty and seventy and eighty, still playing tennis, still gardening, still enjoying the spring sun on your face?



This is what HealthStyle does for you. The information in this book, if you adopt it, is your ammunition against disease, frailty, and the host of indignities that come with poor health. HealthStyle will help you dodge those potential bullets. With luck, you'll never know how close they came. You'll simply feel good. Energetic. Optimistic. Some sections of this book are expressly designed to help you dodge some of the biggest bullets around. Can the section 'How to Avoid Alzheimer's' or 'How to Avoid Hypertension' guarantee freedom from these increasingly common chronic ailments? Of course not, but you'll increase your odds. And while the end result is not guaranteed, the process is: if you follow the suggestions in this book, you will feel better both physically and emotionally because you'll be doing the best you can to live well on this earth.

If you're reading this book you probably already make some effort to achieve health. Perhaps you have a pretty good diet. Maybe you exercise regularly. Or maybe you hope that your good diet will make you 'immune' from an exercise requirement. Maybe you eat pretty well and exercise but get only about six hours of sleep a night and feel pretty good. But what you don't know is that you're really suffering from a chronic sleep debt that's not only impairing your performance, it could also be promoting hypertension and diabetes as well as impairing your immune system and even promoting obesity.

Health is a web. Each strand is doing a job; no part can be ignored.

Perhaps the big news of HealthStyle is the role that *certain simple habits* play in keeping us at our best. Sleep, attention to our spiritual side, social contacts – all of these affect health in profound and usually unrecognized ways. I find the research studies on these practices particularly exhilarating because they seem to confirm instinct. Doesn't

it make sense that achieving what I call ‘personal peace’ will actually promote health and perhaps even longevity?

My HealthStyle pyramid reflects every aspect of healthy living that I think needs attention. A quick glance at it will help you to get a great overview of how to live a long and healthful life.

## THE NUTS AND BOLTS OF HEALTHSTYLE

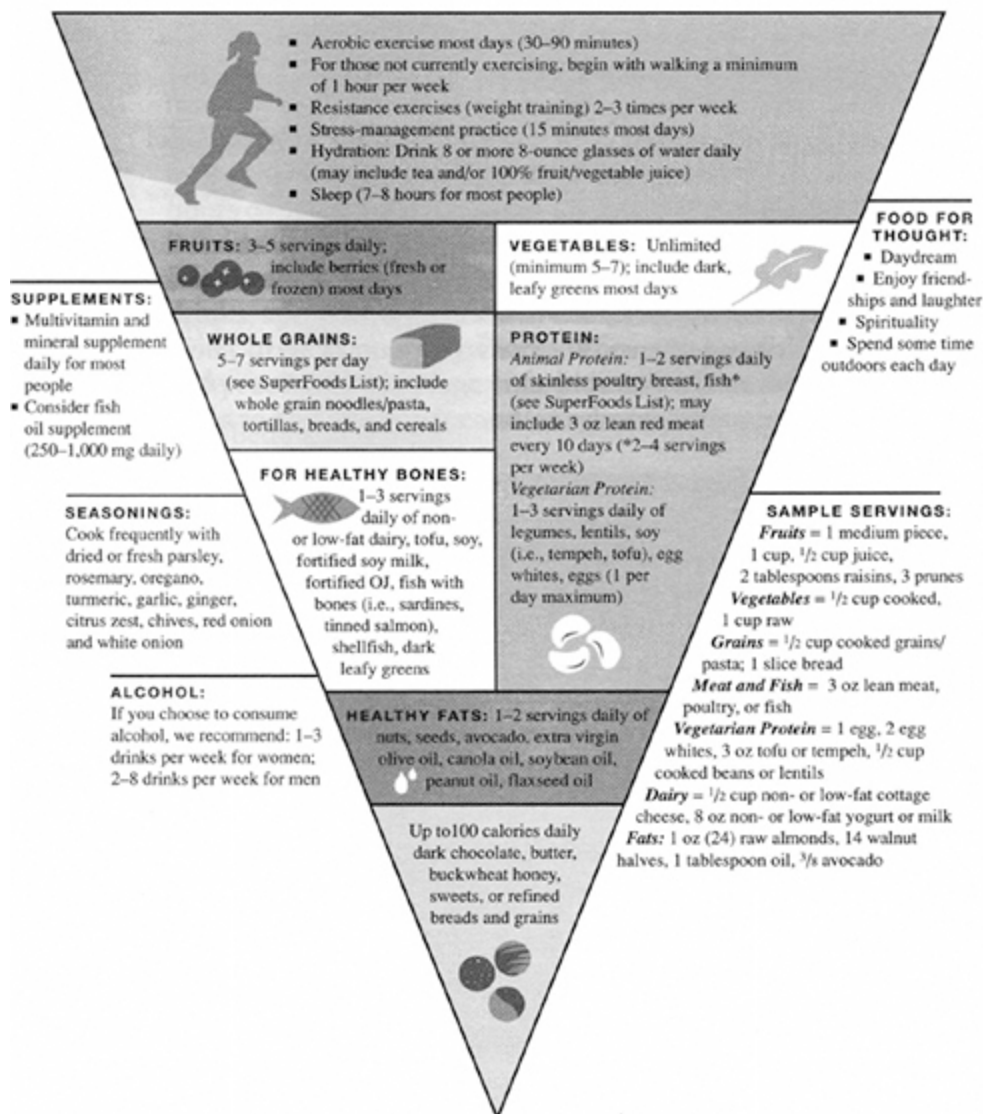
My first book, the bestselling *SuperFoods*, presented a lively nutrition bible to a public eager for sound, medically based information on foods that promote health and prevent disease. The basic, powerful concept of *SuperFoods* is that certain foods have significant health-promoting abilities. Most people find that when they learn about these abilities it changes their relationship to food: they want to include more SuperFoods in their diets and the inevitable result is a nutrient-dense, lower-calorie, health-promoting diet. The response to this simple idea has been overwhelming. Many people who have struggled with food issues for years have written to tell me that they’re eating better and feeling better than ever. I believe this is the simple power of information reinforced by results. When people learn why eating more fibre, more spinach, more blueberries and more wild salmon will make them feel better, they try to do so. And they feel better! So they keep doing it. And they feel even better.

HealthStyle takes the ‘best foods’ concept one step further and creates a blueprint for optimal health based on the latest peer-reviewed research on the importance of exercise, sleep and stress control in your life. ‘Peer-reviewed’ is important. It means that every bit of information in this book has been published in respected journals. It’s not just my theory or a suggestion that seems reasonable. It’s actual, proven data. My own feeling is that research data is often mishandled by the media. There’s too

much focus on single studies that can have conflicting and sometimes alarming results. Many more headlines are written on the one study that confounds previous ones or even common sense. Sometimes animal studies yield results that may not be transferable to humans yet still make headlines and confuse consumers. Except where noted, I rely on studies conducted on humans. I'm convinced that most readers of this book will fall into that category.

# SuperFoods

## HEALTHSTYLE PYRAMID



Information is one thing; implementation is another, so *SuperFoods HealthStyle* presents information in a seasonal format that is useful to readers searching for practical ways to achieve a healthier lifestyle. How do you ‘get out and exercise’ when it’s sleeting? How do you motivate yourself to choose healthy foods when the holidays roll around and your office is a sea of biscuits and fruitcake? How do you eat a diet rich in fruits and vegetables in January when there seems to be little fresh produce available? We are seasonal creatures. We have physical and spiritual rhythms that change with the weather. Though we sometimes ignore it, we are intimately connected to nature. HealthStyle capitalizes on the seasons by making health recommendations that coincide with the times of year and taking advantage of our natural inclinations.

Nutrition is the cornerstone of HealthStyle. Healthy, whole foods are the foundation of health. And, of course, foods along with the weather change with the season. Our desires ebb and flow. The hearty casseroles that lure us in January hold no appeal in July when we yearn for some grilled fish or perhaps just a salad. The foods in HealthStyle, the SuperFood recommendations and recipes, are in tune with the seasons. You’ll find the freshest and most delicious foods when you eat according to the season.

Each HealthStyle season features some of the original fourteen SuperFoods with updates on their health-promoting abilities as well as new tips and recipes to help you enjoy them more frequently. In addition, I’ve introduced a few additional SuperFoods as well as SuperSpices. These are foods and spices that have earned their place in the SuperFood pantheon thanks to recent research on their powerful effects on health.

So, again, welcome to HealthStyle. I hope that this book inspires you to live your best year ever. With many, many more to come.

## Winter: Season of Resolution

THOUGH THE POET may claim that April is the cruellest month, HealthStylers would no doubt pick December. And January, February, and maybe some of March. Winter can be hard on our health. We tend to be less physically active because inclement or cold weather keeps us indoors. We are tempted with holiday foods that we wouldn't dream of eating at other times of the year. The days are shorter: Less daylight makes outdoor exercise a challenge while it promotes more TV watching and thus more snacking. Reduced sunlight affects our moods, making some of us less optimistic and less committed to health goals. Some of us even suffer from SAD (seasonal affective disorder), which makes reduced sunlight an actual health risk.

Don't despair! Winter does have its special beneficial rhythms. We seek warmth in winter – of every kind. Winter draws us inward. We can seize opportunities to be more reflective. Long evenings encourage more family and social time – time to reconnect and cherish the important relationships in our lives. Exciting new evidence demonstrates that these important social contacts keep us healthy as well as happy. The winter holidays are a time of spiritual renewal and give us an opportunity to connect with an often neglected aspect of health – spirituality, or, as we discuss in HealthStyle, Personal Peace. Winter is a perfect time to take stock, make resolutions and look to a healthier new year.

We're about to show you that you can come through winter in healthy style with new and reinforced good health habits. Winter is the time to focus on some new and delicious SuperFoods that will make achieving optimum nutritional health a pleasure. We've got some warming recipes that feature the winter SuperFoods along with some SuperSpices that have impressive health benefits. Just a sprinkle of cinnamon on your breakfast could help control your blood sugar levels and have other

positive effects on your health. Here's the really good news: Chocolate is a SuperFood. The beneficial polyphenols in chocolate make it a powerful health promoter. What could be a better winter treat – for your health and your spirit – than a mug of steaming cocoa twirled with a cinnamon stick? Who would have thought that this indulgence could have such positive effects?

Yes, winter can be a challenge for many of us, but it offers special opportunities, and if you adopt the recommendations of HealthStyle, you'll be able to savour the best of the season, improve your overall health profile, and be ready to greet spring in the best shape you've ever been in. You have three months: Make them count towards your better HealthStyle and your better future.

## PERMANENT CHANGE

The goal of HealthStyle is literally to help you change your life. You've already taken the first step: You're reading this book. You might be mildly curious – perhaps you'd like to lose a few pounds or eat more healthfully – or you might be absolutely determined to improve your health because a condition or illness has made you realize that your HealthStyle is a life-and-death decision. It doesn't matter how you came to read this book; it should be comforting and encouraging to know that just by doing so, you're going in the right direction. Your goal is change. However, change isn't always so easy. Many of us have tried and failed before. This time will be different because, with the help of HealthStyle, you'll have different skills and constant motivation.

As the winter and the start of the new year are times of recommitment and resolution, it's useful to take a look at the process of personal change. If you are aware of all of the elements of effective change, you'll be more successful in your year of HealthStyle.

In a book published more than a dozen years ago, *Changing for Good*, three psychologists studied thousands of people who were able to alter their lives positively and permanently. The authors learned that change isn't dependent on luck or willpower as many of us believe. It is a *process* that can be

successful if certain guidelines are met. As a doctor who actively works to promote health with his patients, I've always known that positive change isn't just a matter of willpower. I've seen too many patients who were determined and committed but who failed to achieve change in the long run for many reasons. Making positive, permanent change is a skill. You can learn how to do it. It's a gradual process of learning to know yourself, learning to set goals, maintaining motivation, and learning what tools you need to reach your goals. I find it useful in winter, when we're starting a new year, to take a close look at the process of change. It will help us as we go forward trying to improve our overall health and well-being.

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Life is change. Tomorrow will be different from today. You will be a different person – on molecular, physical and emotional levels – a year from today. Will you be better or worse off? The choice is yours. HealthStyle will put the tools in your hands to improve; you need only decide, each day, to use them.

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Some of the life-changing skills I'll describe may seem obvious to you. But each one needs attention if you want to give yourself the best chance for success. Take a minute now and think about each skill and how you can implement it in the season and year ahead.

- One of the important skills of permanent change is the ability to **evaluate** yourself realistically. Take a hard look at the year ahead. What are your goals? How do you want your life to improve? What do you think will be better about your life if you adopt the HealthStyle lifestyle? Do you primarily want to look better by losing some weight? Do you want to extend your active, vital lifespan? Do you want to live to enjoy your grandchildren? Do you want to feel the inner peace that comes with living a healthy and directed life? You probably have enough basic information about health improvement to know the weak links in your own HealthStyle. Maybe it's your diet. Maybe you've never exercised. Maybe the stress in your life is



so out of control that you're losing sleep and feeling anxious all the time. Or perhaps you have a very specific issue – high cholesterol, a family history of heart disease, being overweight, a recent diagnosis of type II diabetes. Whatever your health issue, look it square in the face. One year from now, one year of HealthStyle, and you are going to be a different person.

- Change doesn't happen by wishing it so. **You must make the decision to change.** It's not enough to think about how your life *could be better*. You have to determine that *you will make it better*. Too often we daydream about change. We often think about how nice it would be if we were healthier, if we ate better, if we exercised. We have a moment of resolve when stepping on the scale or sitting in the doctor's office. But we never actually *decide to take action*. You'll be surprised at how empowering it is actually to make a decision to veer from your routine. Winter is the perfect time for a personal revolution. Make a promise to yourself that by this time next year, you're going to be better. Commit to it by writing it down right here, right now: -

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You're going to feel better and maybe even look better. You've got nothing to lose and everything to gain.

- Of course, you have to do more than read this book, you have to **take active steps** to incorporate suggested changes in your life. HealthStyle doesn't insist that you follow a single blueprint for success. You'll learn how to make decisions based on your lifestyle and tastes and on what changes will work for you. You'll be shown how to substitute good health habits for poor ones. This isn't as hard as it might seem, because there are literally hundreds of ideas in this book that will help you. As you go through the year of HealthStyle, you'll pick and choose the tips that work for you. Sometimes you'll have to push yourself a bit to make these changes work. But if you've made the decision to change and you refer back to your written commitment, you will surely keep on track and your HealthStyle year will be a success.

- You must **keep motivated**. HealthStyle acknowledges: Its core is motivation. Anyone who makes a commitment to change knows that it's important to search for motivation everywhere. You'll find it in the headlines. Former President Bill Clinton's heart surgery was motivating for many people who had been cavalier about their heart health. Many people were shocked that someone who seemed so vigorous, who had lost weight and seemed to be exercising – someone who certainly got good medical care – suddenly found that he needed major heart surgery to avoid a possibly fatal heart attack. Calls to cardiologists spiked in the weeks following Clinton's surgery.

Simple facts are extremely motivating. People tell me all the time that my first book, *SuperFoods*, convinced them to change their diets because the data they read in the book spoke for itself. If there's powerful research evidence that, for example, blueberries have a positive effect on brain function, why wouldn't you eat them? The HealthStyle data on food, exercise, sleep, personal peace and a host of health issues will convince and motivate you as well.

One interesting and exciting aspect of positive change is that motivation grows and strengthens as a result of the positive actions you're taking. Improvement is self-reinforcing. All my patients tell me this and I've found it to be so in my own life. When you eat well, you feel better and want to continue eating well. When you exercise, you have more energy and want to continue exercising and eating well. If there's any magic bullet to health improvement, that's it: *Act better to feel better to get better*.

- **You need support from friends and family.** You need to make decisions about how to ask for help and who will help you. Perhaps you should tell your children that certain foods the family is eating will ultimately cause health problems, but sometimes it's hard to resist these foods, so you need their help. Maybe they can help prepare salads at dinnertime. Maybe they can help prepare some healthier recipes. If they feel like collaborators rather than victims of change, they're far more likely to be enthusiastic supporters. Don't forget co-workers. Ask their support in avoiding sugary treats on coffee breaks or at office parties. Suggest a quick, healthy lunch

followed by a walk with an office mate instead of a fatty, high-calorie midday extravaganza. So many more people are health conscious these days, but may be shy about speaking up. If you suggest providing fruit instead of doughnuts at the next meeting, others will surely embrace your suggestion. When we put out healthy snacks at my office – grapes, carrots, peppers, nuts – they disappear as quickly as any junk food would.

- **You need rewards.** Many people think of rewards in this context as a major gift to oneself, like a new coat or theatre tickets or even a trip. This is fine if it works for you and your budget, but I prefer to think of rewards in smaller, everyday terms. Rewards are stepping-stones to a goal. They help you cross a river of temptation and conflicting demands. For example, buy that fancy green tea or a soothing CD if you reach your week's exercise goals. Treat yourself to some new exercise clothing or a reflexology session once you go a month without junk food. Call a friend you haven't spoken with in ages as a reward for skipping dessert at a buffet. You know yourself best and you know what your short-term HealthStyle goals are. Connect those goals with rewards. Think up creative rewards as you go along, and when something threatens to derail your efforts, search for the stepping-stone that will keep you on the right path. Write down these reward ideas. One of my patients told me that every Sunday evening she writes a note to herself about her week's reward if she sticks to her goals. One week it was splurging on a basket of exotic fruit. Another week she treated herself and a friend to a house tour in a nearby city.

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## **Cold-Weather Cholesterol**

Did you know that blood contains less water in winter, slightly concentrating cholesterol? This means your total cholesterol reading could be a bit higher in winter than in summer. A new study published in 2004 has found that cholesterol levels naturally fluctuate throughout the year. Researchers at the University of Massachusetts Medical Center in Worcester tracked 517 healthy people for a year and found that their cholesterol levels tended to rise in the

winter and fall in the summer. The biggest changes occurred in those with elevated cholesterol and in women. Their levels fluctuated by as much as 18 points. The seasonal variation put 22 percent more patients over the official high-cholesterol mark of 240 mg/dl in winter than in summer. Cold-season readings could lead to a misdiagnosis of high cholesterol for up to three million Americans, the researchers estimate. Best bet: Get several checks, make sure that at least one is in the spring or autumn, when levels are at a midpoint.

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## EXERCISE

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Eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities, yet work together to produce health.

– *Hippocrates, fifth century*

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It's a new year, time to look at the most important elements in your HealthStyle. We're tackling the most challenging habit first – exercise – because it's perhaps the single critical change you can make in daily life – along with eating SuperFoods – that will improve your health, your spirits and your future.

You must exercise. It's that simple. You cannot fully realize the benefits of HealthStyle if exercise is not a part of your life. If you're thinking right now that this is where you tune out because you've never been able to exercise, let me tell you something that should be encouraging: I have a whole new approach to exercise that works even for confirmed couch potatoes. First I want you to understand how important exercise is to your future health. Once you understand how exercise amplifies all the good things you're doing for your health and how powerful a tool simple movement is in preventing disease, I'm sure you'll resolve to get active.

Here's a way to think about exercise that will motivate you: You are dangling by a line – a lifeline – over the abyss. That line is keeping you alive, keeping you a full participant in life,

keeping you hanging on. You want this line to be as strong and reliable as possible. It's made up of four strands woven together. On your 'healthline' the four strands are nutrition, exercise, adequate sleep and personal peace. Together, they make up a powerful, reliable health insurance. The synergy of their separate powers can keep you alert, flexible, energetic and optimistic for a long, long time - maybe, with a little luck, to near age 100. Neglect one of these strands and you're in jeopardy. Every fast-food binge, every sedentary month, every frantic year of uncontrolled stress, sleepless nights and spiritual voids fray a few strands in the healthline. Of course, you may be lucky - you may never break a sweat in your life or you may eat fast food daily for half a century and never suffer any consequences. This scenario is highly unlikely but not impossible. Do you want to take the chance of hanging by a frayed rope? Do you want to trust to luck that the other strands will hold?

If you are reading this book you're probably looking to improve your health and if so, exercise must become part of your daily routine. Yes, I'm repeating myself, but exercise is that important. Now here's the good news: It's time to simplify our approach to exercise. Too many of my patients have been turned off by recommendations that are confusing or don't suit their lifestyles. I have a solution: the HealthStyle ERA Exercise Programme, which will be described in detail later once I've demonstrated how important exercise is. It's a simple programme and I've yet to meet someone who can't do it.

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Perhaps you already exercise regularly. If so, that's great: Keep it up. Most people find that once they begin an exercise programme, they see results and stick with it. So bear with me while I convince those who don't exercise, or who've tried and failed, to make physical activity part of their daily lives.

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A Nation and a World at Rest

First, a little background ... We were born to move. That's literally true. We are here today because many generations ago our ancestors were running around procuring food. The equation was simple: Move or die. In fact, it's been estimated that Paleolithic man burned approximately 1,000 calories a day and consumed about 3,000 calories a day. Today, in affluent Western nations, we consume approximately 2,100 calories a day and *burn only about 300 calories in daily activity*. A little quick maths will tell you that we burn less than a third as much as our ancestors did in daily calories. As recently as a century ago, 30 percent of all the energy used in the workplace came from human muscle power. Today, the workplace is operating on brain power: Only a tiny percentage of us use our muscles for anything more demanding than moving a computer mouse. It's not only that we don't expend energy at work, we hardly spend energy at all. With our power mowers, TV remotes and vacuum cleaners that push themselves, and our reliance on cars to get anywhere, we have come to a near total standstill as far as energy expenditure is concerned.

Statistics highlight the facts: Nearly 30 percent of American adults are entirely sedentary and another 46 percent don't get enough exercise. That means only about a quarter of Americans get sufficient exercise.

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Sedentary individuals may lose 23 to 35 percent of muscle mass over the course of their adult lives. This loss causes a loss of strength and balance, and an overall physical decline.

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Do you think that while you might not be Olympic athlete material you certainly get lots of daily activity? Think again. When researchers from the CDC (Centers for Disease Control and Prevention) evaluated more than 1,500 people who claimed to be walkers, they found that only 5 percent of the surveyed group actually walked enough to realize any benefits.

Where does this leave us? With a genetic makeup that thrives on lots of daily activity and a relatively low caloric intake, we are