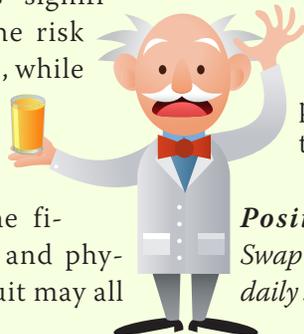


**Whole Fruits Better than Juices:** contribute to reduced risk.

Researchers analyzed the eating habits of 187,000 Americans. They found eating whole fruits significantly reduced the risk of type-2 diabetes, while exclusive fruit juice consumption may slightly increase risk. The fiber, antioxidants and phytochemicals in fruit may all

Commercial juicing often strips out these components, leaving sweet liquids that can elevate blood sugar and insulin levels. Blueberries, grapes, raisins, apples and pears were some of the best fruits.<sup>2</sup>



**PositiveTip:**  
*Swap out fruit juice for 3 daily servings of whole fruit.*



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**References:**

1. Sci Transl Med 2014;221:221ra15
2. BMJ 2013;347:f5001

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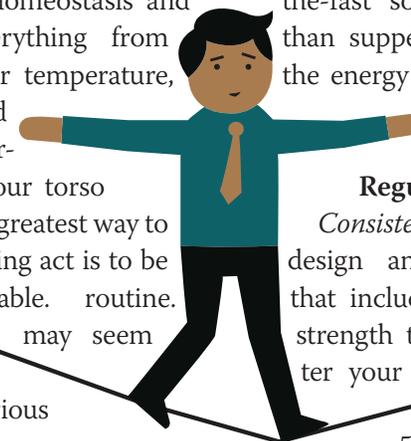
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## Routines for a Healthy Life

By Ryan Bell, MPH

Your body is an immensely complex creation governed by one simple principle: balance. The scientific term is homeostasis and it involves everything from maintaining your temperature, energy levels, and emotions to literally balancing your torso on two legs. The greatest way to help this balancing act is to be predictable. routine. It may seem boring to you, but it's glorious to your body.

grabbing quick junk foods. *Eat more in the morning and less at night:* Your body needs to “break-the-fast” so eat larger breakfasts than suppers. You’ll start with the energy you need and won’t store late night foods as fat.



**Regular Movement**

*Consistent Exercise:* Find or design an exercise program that includes both cardio and strength training, no matter your age.

Aim for

5-6 days a week at regular

times, it's the cheapest, most effective prescription you'll ever get!

*Active all day:* If you have a sedentary job, it could kill you. Get up and move about every 30 minutes. Visit a colleague instead of emailing, get a drink, take a brief walk, brush your teeth, etc.

**Regular Rest Stops**

*Irregular sleep = Irregular health:* Sleep is the body's critical “maintenance time”. Irregular sleep disrupts homeostasis and can lead to increased stress, depression and See “Routines” on Page 3

What's the key to a long lasting vehicle? Every mechanic will tell you: Routine maintenance. It's the same with your body. In the journey of life, the key routines for a thriving human vehicle are regular healthy fill ups, regular movement and regular rest stops.

**Regular Fill Ups**

*Eat at regular times:* This will help maintain your blood sugar levels and energy throughout the day. Don't skip meals either, especially breakfast. Feeling famished later usually leads to over-eating or

## New Guidelines for Old

By Max Hammonds, MD, MPH

Late in 2013 new guidelines were published for health care professionals to manage people at risk of cardiac or vascular (stroke) disease. The guidelines were written because the old guidelines were out of date. The old guidelines focused on cholesterol numbers, the new on the patient.



The guidelines written by the American Academy of Cardiology and the American Heart Association address four specific areas:

1. An assessment to estimate a patient's risk of having a cardiac or stroke event in the next ten years, based on sex, age, cholesterol, blood pressure, blood pressure treatment, diabetes, and smoking.
2. Guideline for managing blood cholesterol numbers based on an increasing intensity of treatment for increasing risk

*using medications, specific lifestyle interventions, and specific weight management interventions.*

3. Guideline for recommending specific interventions in dietary patterns and physical activity patterns. Diets rich in fruits, vegetables, whole grains, low-fat dairy, legumes, fish, poultry, and nuts and low in red meat, sweets, saturated and trans fats, and salt. Health-care professionals are encouraged to arrange for dietary counseling for their patients.
4. Guideline for determining the level of body weight, encouraging proactive intervention by a weight management professional and encouraging steady progress toward goals.



Statins are known to be the most effective drug in lowering cholesterol. But what intervention is most effective in achieving a healthy patient who is at decreased risk for heart

See "New & Old" on Page 3

"Routines" from Page 1

even obesity.

*Top sleep tips:* Hit the sleep "Sweet Spot" of 7–9 hours a night, every night. Get up at the same time, every day, even weekends.

*No weekend sleep-in:* Gives you a more balanced and productive life... and Monday mornings are just like

any day now!

**Schedule free time**

Life happens. Things don't go as planned. So schedule an hour of "free time" into every day. Use it for tasks that run long. If all goes according to plan, you'll have time to reward yourself!

### Antioxidant Supplements May Protect Cancer Cells

Sticking with a healthy diet rich in antioxidant sources and skipping the supplements may be the best.<sup>1</sup>

PositiveTip



"New & Old" from Page 2

or stroke events? Modified dietary intake, physical activity, and weight control are easily the most effective in lowering risk AND lowering cholesterol numbers.

If you are one of those people who have a higher risk of heart or stroke disease, do not be side-tracked or discouraged by the recent flurry of press coverage over who should or should not take statins. Concentrate on those interventions that have proven most effective in lowering risk—dietary modification,

physical exercise, and weight control.

Only after these three interventions have done their job should medications be considered. These three interventions can establish a lifestyle pattern with fabulous overflow effects in cancer, arthritis, and autoimmune disease risk reduction—and they have almost no side-effects.

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