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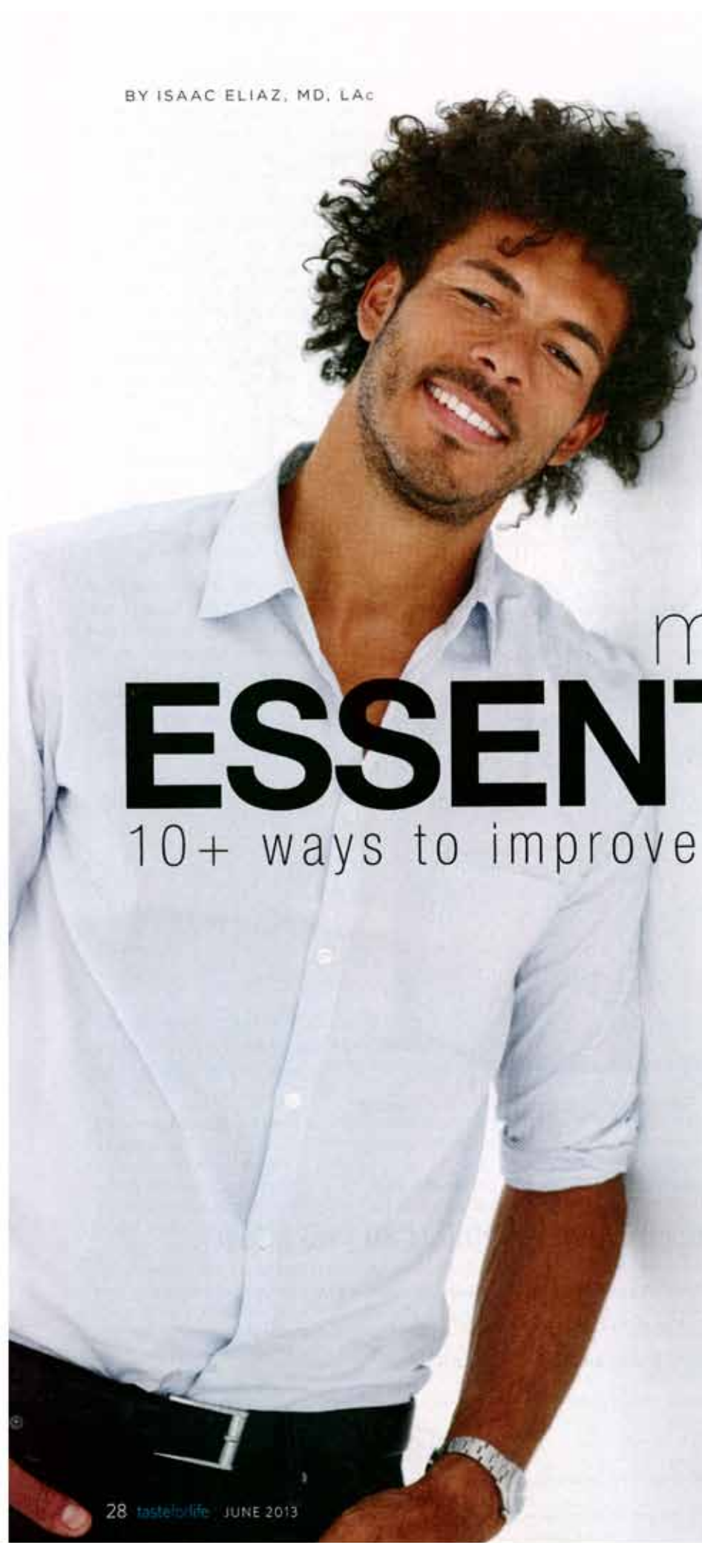
taste for life



TRUE BLUE

10 PERFECT FOODS FOR MEN

AFTER-SUN SKIN CARE • GET GRILLING • ARE YOU ORTHOREXIC?



Some guys want to avoid visiting the doctor's office at all costs. If something doesn't feel right, they give it "extra time" to resolve on its own. Checkups are oftentimes out of the question.

men's health **ESSENTIALS** 10+ ways to improve your well-being

If you take this "don't look for trouble" approach, the problem is, trouble can ultimately find you. More importantly, the delay in seeking care can turn a minor condition into something more serious.

Essentially, it's important to be proactive about health, and sometimes this means talking to an expert—your doctor. The first lines of defense against any health problem, however, are a good diet, regular exercise, stress reduction, and targeted natural supplements. By combining healthcare with self-care, you can fine-tune your body and avoid illness.

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EAT HEALTHY

A healthy diet is the cornerstone of vitality: think lean proteins, whole grains, lots of fruits and vegetables. To take your health to even greater heights, incorporate foods that supercharge immunity, fight heart disease and prostate cancer, balance hormones, build muscle mass, and support overall health. Here are some top recommendations:

Blueberries—Phytonutrients are natural chemicals that promote health, and blueberries are a rich source. High in antioxidants and low in calories, they also provide fiber and vitamin C. A recent study found that blueberries can speed recovery from exercise.

Yogurt—High in protein, calcium, potassium, and B vitamins, yogurt also provides beneficial bacteria to improve digestion, immunity, and even mood. Yogurt may also boost male fertility.

Coconut oil—Coconut oil boosts metabolism, supports immunity, and increases good cholesterol. Great for endurance sports.

Tempeh—Made from fermented soy, tempeh is highly nutritious. It improves cholesterol and helps control blood sugar. It can also reduce the risk of prostate cancer.

Sauerkraut—A great probiotic food, sauerkraut is also rich in fiber, vitamins A and C, and phytonutrients. Natural chemicals produced in the fermentation process help fight cancer, including prostate cancer.

Cruciferous vegetables—Eating nutritionally dense cabbage, broccoli, kale, and cauliflower

provides a compound called DIM (diindolylmethane), which reduces inflammation and boosts immunity. DIM also optimizes hormone metabolism, especially helpful as men age.

Chia seeds—High in antioxidants, nutrients, protein, and omega-3 fats, chia seeds support energy, glucose metabolism, and immunity. They can also help prevent heart disease.

Grass-fed beef—Higher in both omega-3 fats and antioxidants than its grain-fed cousins, it also helps build lean muscle.

Pumpkin seeds—Loaded with zinc, pumpkin seeds support immune and prostate health; they're also high in magnesium, which benefits the heart.

Sweet potatoes—High in vitamin B6, sweet potatoes are also rich in vitamins A and C, as well as iron and magnesium. Can help prevent heart attacks and strokes.

GET MOVING

Studies show that healthy diet and regular exercise offer greater benefits when combined. Regular aerobic exercise is critical, but we also need strength training balanced with relaxation. For example, yoga and t'ai chi strengthen muscles while relieving stress.

Researchers from the University of California, San Francisco, and Harvard showed that walking improves prostate health. Their study found that prostate cancer patients who took brisk walks, three hours or more per week, had a 57 percent lower cancer progression rate than patients who took more leisurely

walks, fewer than three hours a week. This is not an isolated finding—regular exercise saves lives.

DON'T IGNORE THESE SYMPTOMS

Small problems may be the body's way of signaling something more serious. Here are some potential red flags for men:

- Constipation could indicate serious digestive problems or even colon cancer. If problems persist for more than two weeks, see your doctor.
- Erectile dysfunction (ED) may signal heart disease, diabetes, or other conditions. It's okay to get a prescription for ED, but don't ignore the root causes.
- Acid reflux can lead to ulcers and even cancer. Avoid processed and acidic foods, caffeine, alcohol, and sugar. Again, if the problem persists, see your doctor.

BE PROACTIVE

Unfortunately, many diseases such as colon cancer, heart disease, and Type 2 diabetes show no symptoms in their early stages. This is why the concept of proactive, preventive medicine is so important. The bottom line is to take action. Mindfully manage diet, supplements, exercise, and annual checkups. Find a system that works and stick with it. Your body will reward you with good health, strength, and long-term vitality. ■■■

SELECTED SOURCES "Physical Activity After Diagnosis and Risk of Prostate Cancer Progression: Data from the Cancer of the Prostate Strategic Urologic Research Endeavor" by E.L. Richman et al., *Cancer Res.* 6/11 ■ "Soy Isoflavone Supplementation in Healthy Men Prevents NF-kappa B Activation by TNF-alpha in Blood Lymphocytes" by J.N. Davis et al., *Free Radic Biol Med.* 6/01 ■ "Therapeutic Effects of L-carnitine and Propionyl-L-carnitine on Cardiovascular Diseases: A Review" by R. Ferrari et al., *Ann NY Acad Sci.* 11/04 ■ "What Can We Expect from Omega-3 Fatty Acids?" by E.J. Chan and L. Cho, *Cleve Clin J Med.* 4/09

Read about Dr. Eliaz's ten targeted supplements for men at tasteforlife.com/men
www.tasteforlife.com

Isaac Eliaz, MD, LAC, is medical director of the integrative health center Amitabha Medical Clinic in Northern California.