

STEP 7

Stay on Track

One of the greatest challenges of any lifestyle change is being motivated tomorrow to achieve the goals of today. There's no escaping the fact that if you really want to reach your objectives, you have to work at them over the long haul. As the trite but true saying goes, "Success is 10 percent inspiration and 90 percent perspiration."

There is an energizing rush that accompanies the decision to accomplish a big goal; a fresh beginning is always exciting. But how many times have you started out of the blocks with a burst of enthusiasm only to find that your zest for the finish line soon slips away? It's easy to understand how it happens, given the myriad demands and choices of day-to-day living. You are pulled in so many directions by work, family, and social obligations that finding the time and energy to maintain an additional commitment to personal wellness can be difficult.

Expect your old habits to put up a strong fight too, luring you back to familiar comfort zones at the first sign of stress or fatigue. Watching television requires less effort than walking or jogging. The grocery stores are filled with your favorite high-fat foods, all enticingly displayed. There is a fast-food restaurant or doughnut shop at almost every urban intersection in North America. To resist these temptations, you need a strategy for staying on track until the necessary changes in your lifestyle become comfortable and habitual.

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I urge you to adopt a few simple routines that will build one day's dedication on the next until you reach the goals you have set for yourself. By performing two specific tasks every day and two others every week you will keep your level of commitment high.

The Two Daily Steps

1. Every morning for the first 30 days, review your Goal Setting and Wellness Planner to re-ignite your dedication to success.

This easy ritual will prepare you for the day's activities, allow you to anticipate the obstacles that may arise, and remind you of the priority of your health-related intentions. It takes only a minute or two and can make the difference between accomplishing your goals and losing ground to former bad habits.

2. Every evening, fill out the Daily Food, Fiber, and Exercise Journal (Appendix 2) to monitor your progress.

To ensure you are following your personal nutritional and exercise program, keep a record of your performance, at least until its guidelines are internalized and automatic. At the end of each day, use the journal to record the foods and beverages you've consumed, the supplements taken, and the exercise program completed. Remember that your ideal daily nutritional components comprise:

- one low-fat dairy protein meal,
- two low-fat flesh protein meals,
- 8 to 15 fiber points,
- a maximum of two servings of olive or peanut oil,
- 6 to 8 glasses of water,
- at least four carbohydrate foods per day that are loaded with disease-protective nutrients.

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You will find that the ritual of reporting to yourself, on paper, will often stop you in your tracks when you are tempted to cheat in moments of weakness; similarly, it will strengthen your commitment to your exercise program. My experiences with hundreds of nutrition clients and the published research of others prove that this self-monitoring tool is one of the most effective ways to maintain the program, especially in the early stages. The simple truth is that people who keep daily food and exercise records when they are trying to change their lifestyle habits perform much better in the long term than those who don't.

The Two Weekly Steps

1. Schedule your workout time in advance.

Working exercise time into an already busy timetable is a tall order for most people. The only way to do it is to schedule your sessions in advance, before the calendar fills up completely. At the start of every week, take a look at the activities planned for the next seven days—work and family commitments, social functions, haircuts, doctors' appointments, anything that must be scheduled. With a clear picture of the week ahead, decide on which days and at what times you will to exercise—preferably for some period of time every day—and enter those times on your agenda. (If you plan for every day, you will succeed at least four or five days of the week, and that is not bad. If you plan for only three days, you will likely succeed only twice a week—not enough to reach your goals.)

You may find yourself juggling occasionally in the middle of the week, but continue to write down those exercise times and schedule them like any other important appointment you have to keep. To decide that you can't find the time to exercise

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probably means that you haven't acknowledged it as a high priority. Exercise is a fundamental requirement of a healthy body. You cannot change that truth because you don't like it or because other distractions seem to fill up your days.

I've noticed that those who are willing to get up a little earlier in the morning to do their workout tend to have the best overall compliance. If you leave exercise until later in the day, some obligation may arise unexpectedly and you'll end up taking care of what seems urgent in the moment rather than what is essential in the long run. However, not everyone is a morning person, and body rhythm can dictate your best time. I prefer to exercise at the end of the workday. It helps me wind down, clears my head and refreshes me for the evening ahead. Whatever your timing, you'll soon find your workout so rejuvenating that you'll look forward to it; without it, you'll feel sluggish and out of sorts. Finding time for exercise will be a pleasure, not a challenge.

2. Make a weekly grocery list that is consistent with the program.

To ensure that you surround yourself with healthy foods, follow a shopping list that restocks your kitchen with the foods discussed in the program. Don't buy the foods that can sabotage your efforts. Baking desserts for family and friends is a common practice, but is feeding them the high-fat and sugar-sweetened treats that promote heart disease, diabetes, and other degenerative diseases a truly considerate gift? A better way to express your love is by preparing healthy alternatives to potentially harmful foods.

If you follow these strategies for staying on track—two steps every day and two steps every week—I guarantee that your performance and compliance will improve. With time, experience, and repetition you will eventually experience a breakthrough and within the first

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three months see the benefits of your efforts. Your clothes will start to fit better. You will have more energy. You'll feel toned and generally healthier. Even your taste buds will be transformed as you begin to savor wiser food choices. If you stay the course, the day will come when your body develops a healthy addiction to the positive feelings of wellbeing that result from regular exercise, supplementation, and a healthy diet.

Tracking Your Monthly Progress

As a means of measuring your longer-term progress, especially if weight loss or body shape change is among your goals, I advise you to complete a Monthly Body Shape Assessment (Appendix 4). The Assessment is a useful yardstick for tracking changes to your body's dimensions over time. Recording your waist, hip, chest, bicep, thigh, and calf measurements will confirm your changing contours, over and above any weight changes you may experience, and bolster your resolve to continue. Note your starting measurements today as a baseline and make extra copies of the form if you wish to continue tracking for more than a year.

Other Important Resources

In addition to these strategies for staying on track, there are a number of highly effective resources that I have found invaluable in my own life and in working with patients.

- Health Magazines

Converts to the wellness lifestyle want to stay up to date with the scientific research relating to health, and I have found that those who continue to educate themselves on the subject remain more connected to the principles of healthy living. There are many excellent magazines designed for

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the general consumer that inform and entertain in everyday language. I especially recommend the following, but check out a well-stocked magazine stand or your local library for the broadest selection.

Longevity

Men's Health

In-Health

Health

Shape

Runner's World

Find one or two that appeal to you and subscribe. Their arrival at your door every month will reinforce your interest and your commitment.

- CDs, DVDs, Audio and Video Tapes

The market is flooded with multimedia items aimed at health, nutrition, and fitness interests. Just like magazines, they can provide the incentive to stick with your program. If you don't want to join a club or can't always get out, a DVD or video program of aerobic fitness, Pilates or power yoga can provide the convenience of a workout at home.

- Pictures

If it's true that a picture is worth a thousand words, find a photo of your trim and fit ideal in a magazine or newspaper. Post it where you'll see it at least twice a day—on your mirror, at your desk, over the sink, or on that perennial notice board, the refrigerator door. Remember, your goals have to be realistic, so choose a model that is within your reach. Or find a photo of yourself at your peak of physical fitness, possibly an even more effective incentive because it's proof that you can succeed.

- Inspirational Quotes

Quotations and sayings can have the same positive effects as photographs, creating productive and playful reinforcement.

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Watch for expressions that are meaningful to you and display them prominently. Here are a few of my favourites:

“If it is to be, it’s up to me.”

“Whoever wants to reach a distant goal must take many small steps.” (Helmut Schmidt)

“I never knew a man worth his salt who, in the long run, deep down in his heart, did not appreciate the grind and discipline necessary to become a champion.” (Vince Lombardi)

- **Sufficient Rest**

Breaking out of a rut requires energy. The extra energy needed for this program may leave you fatigued in the early stages and if you are tired, you’ll lose your enthusiasm. Fight those feelings either by going to bed half an hour earlier than usual or catching a power nap sometime during the day. You’ll be delighted at how much easier it is to maintain the regimen if you feel adequately refreshed and energized.

- **Positive People**

Thousands of people have joined the wellness movement since the early 1970s. These high-energy individuals can be a tremendous source of inspiration if you get close enough for the effects to rub off. You do not need to copy their exact lifestyles or fitness routines, but simply allow their positive attitudes to recharge your psychological batteries. Joining a fitness club, preferably one that is close enough to encourage regular use, can put you in contact with like-minded men and wo-men of almost every age. Sign up for an aerobics class, an aqua-fit course, or a seniors’ fitness session. Get to know your fellow participants and surround yourself with those who will help you succeed.

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Remember that attitudes are contagious. Not everyone shares the same philosophy; some people are content to smoke two packs a day, eat junk food, and pay no heed to preventive health. Those who boldly proclaim that they are here for a good time rather than a long time may change their minds after suffering their first heart attacks or bouts of cancer. Ultimately, you know what is in your own best interest. Don't let others deflate your enthusiasm for wellness and the benefits it will bring to your life.

- *The Meschino Optimal Living Program*—Again

This book is chock-full of health, fitness, and anti-aging information. It's unlikely you will remember all of it the first time through. One of the best ways to stay on track is to read it three or four times from cover to cover, or scan the sections that you highlighted during your initial read. With every revisit, new information will jump off the page and new ideas will be triggered in your mind.

On Your Way

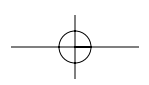
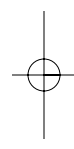
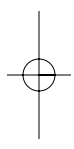
I hope you have enjoyed and learned from this book. My objective in writing it was to provide you with a clear understanding of how nutrition, exercise, and supplementation work together to improve your physical and mental health, to prevent degenerative illnesses, and to slow or reverse the aging process. Its principles have been developed over many years and relayed to thousands of people through seminars, audio and video tapes, individual and group counseling sessions, and in the health and anti-aging magazine columns I have written. *The Meschino Optimal Living Program* draws together all the elements in one comprehensive program.

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It is my hope that you will put these strategies to work for you. Not only will you be happier with the way you look and feel, but you'll be rewarded with the buoyant quality of life that only a fit, lean, well-functioning, and, dare I say, sexier body can provide. Many of us are living proof that you can regain and maintain a vibrant body, long after your peers have succumbed to joint and muscle decay, runaway weight gain and obesity, adult onset diabetes, high blood pressure, angina, prostate enlargement, or other age-related conditions. Regardless of your starting point, you can choose a different path.

I congratulate you on investing the time to discover the principles of this program and its scientific rationale. I wish you the best of success in the pursuit of your objectives and I conclude by encouraging you to eat smart, live well, and take control of your physical wellbeing—today and for life.

*For access to the references to Step 7 and additional education on wellness please visit the author's web site at **www.meschinohealth.com***



Appendix I

The Fiber Scoreboard

Here is a practical and reliable method of determining your daily fiber intake. You should accumulate eight to 15 fiber points a day to meet the recommendations of the cancer and heart associations and other leading authorities. For any food not listed here, divide the number of grams of fiber shown on the label by three to determine the number of fiber points in a serving size.

Cereal Products

	Portion Size	Calories	Fiber Points
Kellogg's All Bran	1/2 cup	90	3.5
Kellogg's Bran Buds	1/2 cup	90	3.5
Cooked buckwheat groats (kasha)	1 cup	160	3.0
Cooked bulgur	1 cup	160	3.0
Nabisco 100% Bran	1/2 cup	105	3.0
Cooked oatmeal	3/4 cup	212	2.5
Quaker Corn Bran	2/3 cup	115	2.0
Kellogg's Bran Flakes - plain	1 cup	90	1.5
- with raisins	1 cup	110	2.0
Most	1 cup	200	2.5
Kellogg's Bran Chex	2/3 cup	90	1.5
Fruitful Bran	3/4 cup	110	1.5
Shredded Wheat - large biscuit	1	74	0.75
- spoon size	1 cup	168	1.5
General Foods' Grape Nuts	1/4 cup	105	1.0
Health Valley Sprouts (7 with raisins)	1/4 cup	105	1.5
Kellogg's 40% Bran Flakes	3/4 cup	95	2.0

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Cereal Products (Continued)

	Portion Size	Calories	Fiber Points
Quaker Oats - Life	$\frac{2}{3}$ cup	110	1.0
Kellogg's Nutri-Grain	$\frac{2}{3}$ cup	110	1.0
Kellogg's Nutri-Grain Wheat	$\frac{3}{4}$ cup	105	1.0
Post 40% Bran Flakes	$\frac{2}{3}$ cup	95	2.0
Quaker 100% Natural Cereal	$\frac{1}{4}$ cup	110	1.0
Kellogg's Special K	1 cup	105	0.25
Kellogg's Total	1 cup	115	1.0
Purina Wheat Chex	$\frac{2}{3}$ cup	105	1.0
Wheaties	1 cup	115	1.0
Kellogg's Corn Flakes	$\frac{3}{4}$ cup	70	1.0
Kellogg's Cracklin' Oat Bran	$\frac{1}{2}$ cup	110	1.0
Kellogg's Fruit N' Fiber	$\frac{1}{2}$ cup	90	1.0
Puffed Wheat	1 cup	43	1.0
Kellogg's Raisin Bran	$\frac{1}{2}$ cup	95	1.0
Cooked wheat	$\frac{2}{3}$ cup	101	0.75
Honey Nut Cheerios	$\frac{3}{4}$ cup	115	0.5
Honey Nut Crunch Raisin Bran	$\frac{1}{2}$ cup	95	0.5
Kellogg's Corn Pops	1 cup	105	0.25
Purina Corn Chex	1 cup	115	0.25
Cheerios	$\frac{1}{2}$ cup	60	0.25
Post Toasties Corn Flakes	$\frac{1}{2}$ cup	60	0.5

Hot Cereal

	Portion Size	Calories	Fiber Points
Old Fashioned Quaker Oats	$\frac{3}{4}$ cup	110	1.0
Quick Quaker Oats	$\frac{3}{4}$ cup	110	1.0

Appendix 1 | The Fiber Scoreboard

Fruits

	Portion Size	Calories	Fiber Points
Apple (raw)	1 med.	70	1.0
	1 large	80-100	1.5
Applesauce	1/2 cup	115	0.5
Apricots (whole, raw)	1	17	0.5
Avocado	1 med.	306	1.0
Banana	1 med.	105	1.0
Blackberries	1/2 cup	27	1.5
Blueberries	1 cup	82	2.0
Boysenberries	1 cup	66	2.0
Cantaloupe	1 cup	57	0.5
Cherries	10	49	0.5
Cranberries (raw)	1/4 cup	12	0.5
Cranberry sauce	1/2 cup	246	1.0
Dates (pitted)	2	39	0.5
Figs (dried)	3	120	3.5
Figs (fresh)	1	30	0.5
Grapefruit (whole)	1	80	0.5
Grapes (white, red, or black)	15-20	70	0.5
Honeydew melon	3" slice	42	0.5
Kiwi	1 med.	46	0.5
Mango	1 med.	135	1.25
Nectarine	1 med.	67	1.0
Orange	1 med.	34	0.75
Papaya	1 med.	117	1.0
Passion fruit	1 med.	18	1.0
Peach - raw	1 med.	38	0.75
- canned in syrup	2 halves	70	0.5

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Fruits (Continued)

	Portion Size	Calories	Fiber Points
Pear	1 med.	98	1.5
Persimmon	1 med.	32	1.0
Pineapple - raw	1/2 cup	41	0.5
- canned	1/2 cup	60-75	0.5
Plums	1 med.	36	0.5
Pomegranate	1 med.	104	0.75
Prunes (pitted)	3	122	0.75
Raisins	1 tbsp.	29	0.5
	1/2 cup	192	1.25
Raspberries (raw, fresh, or frozen)	1/2 cup	20	1.5
Raspberry jam	1 tbsp.	75	0.5
Rhubarb (stewed)	1 cup	104	0.75
Strawberries (raw)	1 cup	45	1.0
Strawberry jam	1 tbsp.	90	0.5
Tangerine	1 med.	37	1.0
Watermelon	1 thick slice	68	0.5

Packaged/Prepared Fruits

	Portion Size	Calories	Fiber Points
Birds Eye frozen strawberries (in syrup)	1/2 cup	160	0.5
Del Monte Bartlett pear halves	1/2 cup	80	0.75
Del Monte fruit cocktail	1/2 cup	80	0.25
Del Monte pineapple chunks (own juice)	1/2 cup	70	0.5
Del Monte sliced pineapple			
Del Monte sliced pineapple (own juice)	1/2 cup	70	0.5
Del Monte yellow cling peach halves	1/2 cup	50	1.0

(continued)

Appendix 1 | The Fiber Scoreboard

Packaged/Prepared Fruits (Continued)

	Portion Size	Calories	Fiber Points
Dale sliced pineapple	1/2 cup	95	0.5
Dale sliced pineapple (own juice)	1/2 cup	70	0.5
Libby's fruit cocktail	1/2 cup	85	0.5
Libby's Lite yellow cling peaches (packed in fruit juice)	1/2 cup	50	0.5
Sun Sweet whole prunes	5-6	120	3.0

Vegetables

	Portion Size	Calories	Fiber Points
Artichoke - boiled	1 med.	53	1.0
- hearts	1/2 cup	37	0.75
Asparagus	1/2 cup	15	0.5
Avocado	1 med.	310	2.0
Bamboo shoots	1/2 cup	21	0.75
Beets	1/2 cup	33	1.0
Broccoli	1/2 cup	20	1.0
Broccoli spears	2	20	1.0
Brussels sprouts (cooked)	3/4 cup	36	1.0
Cabbage (raw or cooked)	1/2 cup	8	0.5
Carrots (raw)	1/4 cup	10	0.5
Carrot sticks	4-5	10	0.5
Carrots (cooked)	1/2 cup	20	0.5
Cauliflower (raw or cooked)	1 cup	16	1.0
Celery (hearts)	1/4 cup	5	0.5
Celery stalks	1	8	0.5
Chinese-style vegetables	1/2 cup	79	1.0

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Vegetables (Continued)

	Portion Size	Calories	Fiber Points
Corn - popcorn	4 cups	90	2.0
- corn on the cob	1 med.	70	1.5
- cooked or canned	1/2 cup	64	1.5
Cucumber (raw)	1/2 med.	8	0.5
Eggplant	2 slices	42	1.0
Endive (raw)	20 leaves	10	0.5
Greens, cooked: collards, beet greens, dandelion, kale, Swiss chard, turnip greens	1/2 cup	20	1.0
Lettuce (Boston, leaf, or iceberg)	1 cup	10	0.5
Mushrooms	5 small	14	0.5
	10 small	28	1.0
Okra (raw, cooked, or frozen)	1/2 cup	13	0.5
Onion	1 med.	65	0.75
Parsley (chopped)	4 tbsp.	4	0.5
Parsnip (cooked)	1 large	76	1.0
Peas and carrots (frozen)	1/2 pkg.	40	2.0
Peppers	1/2 cup	13	0.5
- dried crushed peppers	1 tsp.	7	0
Potatoes	1 small	95	1.0
Radishes	3	5	0.25
Rhubarb (cooked)	1/2 cup	100	1.0
Rutabaga	1/2 cup	40	1.0
Sauerkraut (canned)	2/3 cup	15	1.0
Spinach - raw	1 cup	8	1.0
- cooked	1/2 cup	26	2.5
Summer squash (boiled)	1/2 cup	14	0.75
- Winter squash (baked)	1/2 cup	63	1.0
Sweet potato (baked)	1 large	254	1.75

(continued)

Appendix 1 | The Fiber Scoreboard

Vegetables (Continued)

	Portion Size	Calories	Fiber Points
Tomatoes	1 small	22	0.5
	1/2 cup	22	0.5
Turnip - raw	1/4 cup	8	0.5
- cooked	1/2 cup	16	0.75
Watercress (raw)	1/2 cup	4	0.5
Yams (cooked or baked in skin)	1 med.	156	2.0
Zucchini (raw)	1/2 cup	11	0.75
Del Monte cream style golden sweet corn	1/2 cup	80	1.0
Del Monte Early Garden spinach	1/2 cup	25	2.0
Del Monte Early Garden sweet peas	1/2 cup	60	2.0
Del Monte whole green beans	1/2 cup	20	1.0

Canned Vegetables

	Portion Size	Calories	Fiber Points
Del Monte whole kernel			
Family Style corn	1/2 cup	70	1.0
Green Giant asparagus cuts	1/2 cup	20	1.0
Green Giant cream style corn	1/2 cup	100	1.0
Green Giant french style cut green beans	1/2 cup	18	1.0
Green Giant kitchen cut green beans	1/2 cup	20	1.0
Green Giant mushrooms	2 oz.	14	0.5
Green Giant sweet peas	1/2 cup	60	1.75
Green Giant whole kernel corn	1/2 cup	90	1.5
Le Sueur Early June peas	1/2 cup	60	2.0
Libby's Natural Pack mixed vegetables	1/2 cup	60	1.0
Veg-All	1/2 cup	35	1.0

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Frozen Vegetables

	Portion Size	Calories	Fiber Points
Birds Eye broccoli spears	1/2 cup	25	1.0
Birds Eye cooked winter squash	1/2 cup	45	1.0
Birds Eye cut green beans	1/2 cup	25	1.0
Birds Eye green peas	1/2 cup	80	2.0
Birds Eye Italian Style vegetables	1/2 cup	110	1.0
Birds Eye Japanese Style vegetables	1/2 cup	100	1.0
Birds Eye Little Ears of Corn	2 ears	130	1.5
Birds Eye San Francisco Style vegetables	1/2 cup	100	0.75
Birds Eye sweet corn	1/2 cup	80	1.75
Seabrook Farms baby Brussels sprouts	1/2 cup	35	1.0

Legumes (Peas and Beans)

	Portion Size	Calories	Fiber Points
Black beans (cooked)	1/2 cup	100	3.0
Broad beans	3/4 cup	30	1.0
Northern navy beans	1 cup	160	5.0
Kidney beans	1/2 cup	150	3.0
Lima beans	1/2 cup	90	2.5
Pinto beans	1/2 cup	75	3.0
White beans dried before cooking	1/2 cup	160	5.0
- dried, canned, cooked	1/2 cup	80	2.5
Bean sprouts (raw)	1/4 cup	7	1.0
Chick-peas (garbanzo beans)			
- canned or cooked	1/4 cup	205	2.0
Chestnuts	3 large	29	1.0

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Appendix 1 | The Fiber Scoreboard

Legumes (Peas and Beans) (Continued)

	Portion Size	Calories	Fiber Points
Green (snap) beans (fresh or frozen)	1/2 cup	10	0.75
Lentils	1/2 cup	100	1.0
Peas (green, fresh or frozen)	1/2 cup	60	3.0
Black-eyed peas (frozen or canned)	1/2 cup	74	2.5
Split peas (dried or cooked)	1/2 cup	63	2.0

Breads

	Portion Size	Calories	Fiber Points
Bagel - plain	1	150	0.5
- whole wheat or pumpernickel	1	150	1.0
Boston brown bread	2 slices	100	1.0
Bread sticks	1	23	trace
Bulgur, dry	1 cup	548	4.5
Cornbread	1 piece	198	0.5
Cracked wheat bread	2 slices	120	1.0
Dark rye (whole grain) bread	2 slices	108	1.0
Dinner rolls	2	155	0.5
English muffins (whole wheat)	1	125	1.0
High-bran bread	2 slices	140	2.0
Pita - plain	1 large	240	0.5
- whole wheat	1 large	236	2.0
Pumpernickel	2 slices	116	1.0
Raisin bread	2 slices	140	0.75
Seven grain bread	2 slices	125	2.0
Sourdough bread	2 slices	136	0.5
White bread	2 slices	140	0.5

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Breads (Continued)

	Portion Size	Calories	Fiber Points
Whole wheat bread	2 slices	120	2.0
Whole wheat raisin bread	2 slices	140	2.0

Crackers

	Portion Size	Calories	Fiber Points
Fiber Med biscuits	1	152	3.3
Graham crackers	3	53	0.75
Ry-Krisps	3	64	0.5
Triscuits	2	50	0.75
Wheat Thins	6	58	0.75
Premium Saltine crackers	10	120	0.5
UNEEDA biscuits	6	130	0.5
Wasa Lite Rye Crispbread	3	90	1.0

Pasta

	Portion Size	Calories	Fiber Points
Macaroni			
- whole wheat, uncooked	1/2 cup	200	2.0
Spaghetti			
- whole wheat (uncooked)	1/2 cup	200	1.5
- plain (uncooked)	1/2 cup	200	1.0
- with tomato sauce	1/2 cup	220	2.0
Spinach noodles (uncooked)	1/2 cup	200	2.0
Spinach lasagna	1 serving	215	1.0
Tortellini with tomato sauce	1 cup	317	0.5

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Rice

	Portion Size	Calories	Fiber Points
White (uncooked)	1/2 cup	79	0.75
Brown (uncooked)	1/2 cup	83	2.0
Instant rice	1 serving	79	0.25

Prepared Frozen Dinners (most are extremely high in salt)

	Portion Size	Calories	Fiber Points
Armour Chicken Burgundy Classic Lite Dinner	11 1/4 oz.	240	2.0
Armour Chicken Fricassee Dinner Classic	11 3/4 oz.	330	2.0
Armour Seafood Natural Herbs Classic Lite Dinner	11 1/2 oz.	230	1.5
Armour Seafood Newburg Dinner Classic	10 1/2 oz.	270	1.0
Armour Sliced Beef with Broccoli Classic Lite	10 1/4 oz.	290	1.0
Norton Turkey Dinner	11 oz.	340	1.0
Swanson Hungry-Man Turkey Dinner	18 1/2 oz.	630	2.0
Swanson Macaroni and Cheese Dinner	12 1/4 oz.	380	2.0
Swanson Turkey Dinner	11 1/2 oz.	340	2.0
Stouffer's Glazed Chicken with Vegetable Rice Lean Cuisine	8 1/2 oz.	270	0.5
Stouffer's Spaghetti with Beef and Mushroom Sauce Lean Cuisine	11 1/2 oz.	280	0.5

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Soups

	Portion Size	Calories	Fiber Points
Campbell's Chunky Vegetable Soup	1 cup	104	1.0
Progresso Minestrone Soup	8 oz.	130	1.75
Progresso Green Split Pea Soup	1 cup	180	1.75
Potato soup	1 cup	178	2.75

Prepared Dinners

	Portion Size	Calories	Fiber Points
Ratatouille	1/2 cup	87	0.5
Mexican foods (low in fat; high in fiber)			
- Bean burrito (without cheese)	1 large	284	2.0
- Old El Paso Refried Beans	1 cup	200	4.0
Oriental Foods			
- Chicken and vegetable stir fry	1 cup	142	1.0
- Chop suey or chow mein	1 cup	85	0.75
- Chun King Chicken Chow Mein Pouch	6 oz.	90	1.0
- La Choy Fancy Chinese			
Mixed Vegetables (drained)	1/2 cup	12	1.0
- La Choy Shrimp Chow Mein	3/4 cup	60	0.5
- La Choy Sukiyaki	3/4 cup	70	1.0

(Data for the Fiber Scoreboard has been drawn from *The F-Plan Diet* by Audrey Eyton (Bantam Books, 1984), *The Food Book* by Bert Stern (Dell, 1987), the USDA Nutrient Data Research Group, and from my own research on brand food labeling.)

Appendix 2

The Daily Food, Fiber, and Exercise Journal

Food and Beverages	Fiber Points	Date: _____
Breakfast:		Exercise
_____		Type: _____
_____		Distance: _____
_____		Duration: _____

Lunch:		Supplements:
_____		No: _____
_____		Yes: _____

Dinner:		

Snacks:		

Total Fiber Points (goal is 8-15) _____		

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Make copies of the Daily Food, Fiber, and Exercise Journal form and use one every day to record your dietary intake and exercise participation. Here's an example.

The Daily Food, Fiber, and Exercise Journal: A Sample Entry

Food and Beverages	Fiber Points	Date: <u>September 8</u>
Breakfast:		Exercise
<u>1/2 cup All Bran cereal</u>	<u>3.5</u>	Type: <u>Power Walk</u>
<u>8 oz. of skim milk</u>	<u>1</u>	Distance: <u>3 Miles</u>
<u>slice whole wheat toast with</u>	<u>1</u>	Duration: <u>45 Mins</u>
<u>whole fruit jam</u>	<u>0.5</u>	
<u>green tea</u>		
Lunch:		Supplements:
<u>1 small tin water-packed salmon</u>		No: _____
<u>1 whole wheat bagel</u>	<u>1</u>	Yes: <u>✓</u>
<u>1 cup fruit cocktail</u>	<u>1</u>	
<u>low-salt soda water</u>		
Dinner:		
<u>1 cup spaghetti with tomato sauce</u>	<u>4</u>	
<u>1 white roll</u>	<u>0.5</u>	
<u>mixed salad with olive oil & vinegar</u>	<u>1</u>	
<u>diet soft drink</u>		
Snacks:		
<u>4 cups low-fat popcorn</u>	<u>2</u>	
Total Fiber Points (goal is 8-15)	<u>14.5</u>	

Appendix 3

Food Preparation Guide

General Tips

- Non-stick pans allow you to cook without adding extra fat. If you have ordinary pans, use a non-stick spray instead of oiling or buttering them.
- Low-fat cooking doesn't have to be tasteless. Experiment with herbs and spices, adding them to soups, casseroles, pasta, salads, and popcorn.
- Use cooking methods that don't require added oil—try broiling, baking, microwaving, or steaming.
- Sauté in wine or broth instead of oil.

Low-Fat Flesh Protein Foods

- Broil, grill, or steam poultry and fish.
- Cook poultry and fish in a fondue, using consommé broth or a clear broth instead of oil.
- Poach poultry and fish in clear broth, vegetable juices, or water seasoned with lemon.
- Barbecue chicken or fish.
- Remove the skin from chicken, preferably before cooking it. Choose white rather than dark meat.
- The fish highest in omega 3 fats are salmon, mackerel, herring, trout, sardines, shad, anchovies, and albacore tuna. Clams, crab, and mussels also contain omega 3 fats.
- Add seafood, such as clams or mussels, to pasta dishes.

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- Choose water-packed, not oil-packed, canned fish. Rinse the salt from canned fish.
- Mix tuna or salmon salad with low-fat yogurt or low-fat mayonnaise instead of regular mayonnaise.
- Frozen dinners that are labeled “light” or “low-calorie” are not necessarily low in fat. Read the label carefully and choose only those that have fewer than eight grams of fat per 300-calorie serving.

Low-Fat Dairy Protein

- Drink milk with no more than 1 % M.F.
- Eat plain yogurt that contains 1 % M.F. or less. Beware of yogurts sweetened with sugar that can add unwanted refined sugar calories to your diet. You can make your own flavors by adding fresh fruit and perhaps a dry high-fiber cereal for crunch and texture.
- Eat cheese with 3 % M.F. or less. Most solid cheeses are more than 25 % M.F. (Cheddar, for example, is 32 % M.F., and brick is 29 % M.F.)
- If you order pizza, ask that they use only half the regular amount of cheese or no cheese at all. Avoid high-fat toppings such as bacon, sausage, pepperoni, and olives. Even better, buy a pizza shell or plain frozen pizza and add your own vegetable toppings.
- Use buttermilk made from skim milk.
- Spread low-fat cheese thinly on bread as a substitute for butter or margarine.

Breakfast Cereals

- Choose cereals that are low in sugars and high in fiber. Refer to the Fiber Scoreboard (Appendix 1) for appropriate selections.

Appendix 3 | Food Preparation Guide

Bread

- Choose bread that is high in natural fiber but low in fat: whole wheat, pumpernickel, rye, whole wheat bagels, and pita.
- Toasting bread increases its fiber content.
- Don't butter your bread (butter is 80 percent fat) and try to avoid margarine.
- Whole fruit jam is a good alternative to butter or margarine. Read the label to be sure it is high in fruit and low in sugar.
- Spread low-fat cheese on your bread as part of a low-fat dairy meal.
- Avoid egg breads and bread products that are high in saturated fats.
- Try making yogurt "cheese" by taking low-fat yogurt and letting it drain through a fine sieve or a piece of cheese-cloth overnight.

Crackers and Biscuits

- Avoid crackers made with palm or coconut oil. Some healthy choices are rice crackers, bread sticks, melba toast, soda crackers, and matzoth.
- Avoid all fried biscuits, chips, nachos, and tortillas, regardless of the kind of oil used in their processing. Not only are they high in total fat, but the oil they were fried in may have been heated to high temperatures and left exposed to light and air, causing it to become carcinogenic.
- For snacks, try baked, crispy bread products, such as pita chips and bagel chips.
- Fiber cookies, often available at drug stores, make great snacks.

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Fruit

- All kinds of fruit are good for you.
- The best cholesterol-lowering fruits are apples, peaches, pears, plums, nectarines, the white rind of citrus fruits, blueberries, strawberries, raspberries, mangoes, and papaya.
- Anti-cancer fruits are those with lots of vitamin C or beta-carotene. Citrus fruits and kiwis have the most vitamin C. Orange fruits, including cantaloupe, apricots, peaches, nectarines, oranges, mangoes, and watermelon are highest in beta-carotene.
- Fruit salad makes a wonderful dessert.

Vegetables

- Cruciferous vegetables—Brussels sprouts, cabbage, turnips, cauliflower, broccoli, bok choy and turnips—are excellent anti-cancer foods.
- Vegetables high in beta-carotene are also good anti-cancer foods. Carrots, squash, eggplant, and other orange/yellow vegetables, as well as broccoli, spinach, and dark green, leafy vegetables, are all high in beta-carotene.
- Try vegetables raw, steamed, broiled, microwaved, marinated, or stir-fried. Serve them with rice.
- Carrots, potatoes, and peas are high in cholesterol-cruncher fiber, especially good for your heart.
- Bake or boil potatoes. Instead of butter, use low-fat yogurt (1% M.F.) or ultra low-fat sour cream (up to 3% M.F.). Try baked potatoes without adding anything and give your taste buds a chance to explore.
- Avocados are high in monounsaturated fat (the same kind of fat found in olive and peanut oils). However, they are

Appendix 3 | Food Preparation Guide

also high in vitamins and minerals, so you may eat small amounts occasionally. Try two small slices in a sandwich along with tomatoes, cucumbers, and alfalfa sprouts. A little bit of avocado can be a good substitute for cheese and other animal-based foods.

- Salads are a healthy way to consume vegetables. Spinach salad, chef's salad, and mixed green salads, tossed with a light olive oil and vinegar dressing, are the best options. Shredded cabbage, seasoned with a light olive oil and vinegar dressing, is a tasty alternative to lettuce.
- Try flavored vinegars to add variety to your salads. You can purchase them or make your own by dropping fresh herbs or garlic into wine vinegar and letting the mixture sit for a week.

Grains

- Rice is best steamed or boiled.
- Brown rice is better than white rice because of its high fiber content.

Peas and Beans

- If you are using canned peas or beans, put them in a strainer and rinse with water to get rid of the excess salt and oil.
- If you are cooking dried beans yourself, cover them with cold water overnight. The next day, drain and cook in fresh water until they are tender. Many beans and peas are an excellent source of both cholesterol-cruncher and colon-cleaner fiber, contain less than 20 percent of their calories as fat, and provide additional protein and slow-release carbohydrates to the body (so they don't upset blood sugar). They should be included in your diet frequently.

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Pasta

- All noodles are acceptable, but egg noodles are higher in cholesterol.
- Whole wheat noodles and spinach noodles are especially good choices.
- Gnocchi, made from potatoes and flour, are another good option. They are a good source of protein, low in fat, but high in carbohydrates.
- Use light (low-fat) tomato sauces. Sauté vegetables in water or olive oil before adding to the sauce. Green peppers, red peppers, mushrooms, onions, and zucchini are all excellent choices. Add clams, mussels, scallops, or chicken if you wish.
- Do not use cream sauces or meat sauces. They are very high in fat.
- Bottled tomato sauces with meat are also high in fat. Go to the refrigerator section of the grocery store and buy a fresh marinara sauce and add your own fresh vegetables. The vegetables will improve the taste, add vitamins, and dilute the fat content.

Oils

- Use olive oil for salad dressings or for sautéing vegetables. Canola oil is also acceptable.
- Use peanut oil for stir-frying.
- Vegetable oil sprays (such as Pam) are acceptable substitutes for vegetable oils.
- Use fat-free, butter-flavored sprinkles instead of butter, margarine, or oil.

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Snack Foods and Desserts

- The urge to eat dessert is often a result of delayed satiety after the meal you have just eaten. It takes more than 30 minutes for your brain's appetite center to shut off. So wait for 10 to 15 minutes after a meal before deciding to indulge in a dessert. You will probably find that you are satisfied and no longer crave a treat.
- Get up from the table before dessert is served and go for a walk. This will curb your appetite and help you digest your meal.
- Unbuttered, low-fat popcorn is the best late night snack food. Popcorn made in an air popper has the least amount of fat. Use a microwave popcorn that contains no more than 1.2 grams of fat per three cups.
- Munchies such as potato chips, nacho chips, and cheesies are very high in fat.
- For healthy munchies, try melba toast with salsa, rice crackers, raisins, baked bagel slices, or low-fat biscuits.
- Make your own chips. Cut corn tortillas into pieces, lightly coat a baking dish with non-stick spray, and bake at 375 degrees (200C) until they are light brown and crunchy.
- Bran, oatmeal, or blueberry muffins are better options than doughnuts.
- If you are a dessert lover, plan to have dessert once a week so you don't feel deprived or unrewarded for your day-to-day efforts. Choose your moments carefully and don't overdo it. Sherbets, fruit ices, and frozen tofu desserts are all good options. You can also eat low-fat frozen yogurt once in awhile. The best dessert for you, of course, is fresh fruit in small quantities.

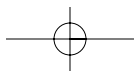
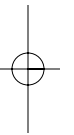
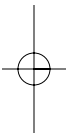
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Beverages

- Drink six to eight glasses of water every day. Distilled water, spring water, low-sodium mineral water, and soda water are all good choices.
- Bottled water should be ozone-treated to help prevent bacterial growth. The best water is either distilled or has undergone reverse osmosis and deionization.
- As stated in the carbohydrate section, you should dilute a fourth of a glass of unsweetened juice with three-fourths of a glass of water or soda water.
- Keep your intake of caffeinated beverages to a minimum. Two cups of coffee a day should be your maximum. Drink it black with no sugar.
- Try green tea, herbal teas, or hot water and lemon as an alternative to coffee or regular tea.
- Diet drinks that contain aspartame are the most acceptable soft drinks, but don't overdo it. There is no nutritional value whatsoever in diet soft drinks; and some research calls into question the safety of aspartame, as mentioned in Step 1.
- Avoid all beverages sweetened with sugar.
- Beware of high-sodium drinks. They make your body retain sodium and water, creating a bloating effect. They also impair your body's ability to rid itself of toxins and metabolic debris.
- Tap water is always an unknown quantity. It may be wise to attach a purifier to your water tap. Reduce the amount of tap water you drink as much as possible.
- The occasional alcoholic beverage is acceptable, but moderation is the key.

Appendix 3 | Food Preparation Guide

- You can increase the amount of fluids you get by eating foods that have a high water content. The following foods contain more than 80 percent water: lettuce, celery, broccoli, collards, snap beans, watermelon, carrots, skim milk, radishes, raw cabbage, beets, oranges, grapefruit, and tangerines.



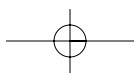
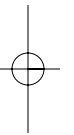
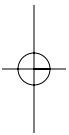
Appendix 4

Monthly Body Shape Assessment

Using a scale and a tape measure, enter your current weight and body shape measurements in the Month 1 column. Every four weeks, record your weight and girth measurements and enter them in the columns that follow. This tracking form will enable you to see the changes to your body shape over time. Make extra copies if you wish to record your progress beyond a year.

- Waist measurement: taken at the level of the navel
- Hip measurement: taken at the widest point around the hips and gluteal area
- Thigh measurement: taken on each leg at level just below the gluteal fold (where your buttock ends and your thigh begins)
- Calf measurement: taken at widest point around each calf
- Bicep measurement: taken at midpoint of upper arm with arm in a relaxed position hanging by the side
- Chest measurement: taken at widest point around chest (often at nipple level)

Parameter	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Weight												
Waist												
Hip												
Thigh												
Calf												
Bicep												
Chest												



Appendix 5

Target Blood Levels for Optimal Health

The following blood tests will help establish the parameters against which your health and anti-aging status can be evaluated. I suggest they be included in the roster of tests administered by your physician during your annual physical exam. Note that health care plans may not cover the costs of all of these tests.

Ideal or target fasting blood results (blood drawn after a 12-hour fast) associated with anti-aging and disease prevention:

Blood Test	Target Conventional Units	Target SI Units
Glucose	Less than 90 mg/dL	Less than 5.0 mmol/L
Total Cholesterol	150-160 mg/dL	3.89-4.14 mmol/L
HDL-cholesterol	Men: above 45 mg/dL Women: above 55 mg/dL	Men: above 1.17 mmol/L Women: above 1.42 mmol/L
LDL-cholesterol	Less than 100 mg/dL	Less than 2.6 mmol/L
Triglycerides	Less than 100 mg/dL	Less than 1.13 mmol/L
Hemoglobin	135-180 G/L	13.5-18.0 g/dL
Homocysteine	Less than 1.08 mg/L	Less than 8 mumol/L
Serum Ferritin	Men: 20-300 ng/mL Women: 20-150 ng/mL	Men: 44.94-674 pmol/L Women: 44.94-337 pmol/L
Albumin	33.0-46.0 G/L	3.3-4.6 g/dL
Total Bilirubin	0.00-1.34 mg/dL	0.0-23.0 mumol/L

(Continued)

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(Continued)

Blood Test	Target Conventional Units	Target SI Units
Blood Urea Nitrogen	Maximum 10-14 mg/dL	Maximum 3.57-5.0 mmol/L
Total Protein	60-82 G/L	6.0-8.2 g/dL
Creatinine	0.68-1.43 mg/dL	60-127 mumol/L
Insulin-like Growth Factor-1 (IGF-1): individuals over 40 years of age	240-275 ug/L	240-275 d/L
Vitamin D	34-48 ng/mL	85-120 nmol/L
Vitamin E	Above 1.18 mg/dL	Above 27.5 mumol/L
Vitamin C	Above 0.88 mg/dL	Above 50 mumol/L
Uric Acid (urate)	3.03-7.57 mg/dL	180-450 mumol/L
Selenium	Above 120 ug/L	n/a
Carotene	21.5-26 ug/dL	0.4-0.5 mumol/L
Prostate-specific antigen (PSA) Males Only	Less than 4 ng/mL	Less than 4 mug/L

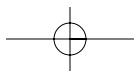
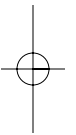
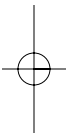
PREFIXES DENOTING DECIMAL FACTORS

PREFIX	SYMBOL	FACTOR
mega	M	10 ⁶
kilo	k	10 ³
hecto	h	10 ²
deca	da	10 ¹
deci	d	10 ⁻¹
centi	c	10 ⁻²
milli	m	10 ⁻³
micro	mu	10 ⁻⁶
nano	n	10 ⁻⁹
pico	p	10 ⁻¹²
femto	f	10 ⁻¹⁵

Appendix 5 | Target Blood Levels for Optimal Health

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Appendix 6

Resources

Supplementation Sources

To meet the needs of my patients and as recommendations to other health care professionals, I have formulated a number of supplement products in the course of my consulting practice. These formulations are available under the Adeeva brand name and are fully described at www.adeeva.com. Adeeva can be contacted by telephone at 1-888-251-1010, should you or your health practitioner have further questions. While these products contain the exact formulations I suggest, there are other reputable manufacturers of nutritional supplements that you may wish to investigate. I have included here several cutting-edge products that I have used personally or have recommended due to their superior formulations or proven clinical efficacy.

1. Multi-Vitamin and Mineral (Adeeva)— contains the levels of antioxidants, B-vitamins and other vitamins and minerals for anti-aging and health-promotion purposes recommended in Step 2.
2. Nature's Essential Oils (Adeeva)— contains the amounts of essential fatty acids from borage seed oil, fish oil, and flaxseed oil for anti-aging and health-promotion purposes recommended Step 2.
3. Body Burn—Weight Loss Supplement (Adeeva)—contains the levels of chromium, hydroxycitric acid, and coleus forskohlii to help encourage body fat reduction as discussed in Step 4.

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4. Cardio Essential (Adeeva)—contains the levels and standard grade of coenzyme Q10 and hawthorn (as well as the flavonoid quercetin) recommended after age 40 to support heart health, brain and immune function as discussed in Step 5.
5. Immuno-Detox Prime (Adeeva)—contains the levels and standard grade of nutrients that support the immune system and liver's detoxification enzymes after age 40 (indole-3-carbinol, milk thistle, reishi mushroom extract, astragalus) as discussed in Step 5.
6. Glucosamine Joint Formula (Adeeva)—contains the pharmaceutical-grade glucosamine sulfate, along with MSM and other anti-inflammatory herbs, recommended after age 40 to help prevent erosion of joint cartilage and inflammation, and to help repair joint degeneration, as described in Step 5.
7. Prostate 40 Plus (Adeeva)—contains the levels and standardized grades of natural agents recommended to help prevent and reverse prostate enlargement and support prostate health after the age of 40, as discussed in Step 5.
8. Women's Hormonal Balance (Adeeva)—contains the levels and standardized grades of black cohosh, soy extract and gamma-oryzanol recommended for the management of PMS, fibrocystic breast disease, uterine fibroids, endometriosis, menopausal symptoms and for anti-aging purposes in postmenopausal women as described in Step 5.
9. CholesterEx—Cholesterol and Lipid Lowering Supplement (Adeeva)—contains the levels and standard grades of gum guggul and artichoke leaf extract recommended to help lower cholesterol and triglyceride levels, as discussed in Step 1.
10. Memory Support Complex (Adeeva)—contains the levels and standard grades of nutrients recommended to support memory and cognitive function after the age of 50, as discussed in Step 5.

Appendix 6 | Resources

11. Sensagen— For Enhanced Libido and Sexual Performance (Adeeva)—contains the levels and standard grades of nutrients recommended to support libido and sexual function for men and women over 40 years of age, as discussed in Step 5.

12. Growth Hormone Secretagogue Products:

- PRO hGH Symbiotropin and Meditropin (Neutraceuticals); learn more about these products at www.meditropin.com.

13. Protein Shake— Prolab Pure Whey

- This protein shake is an example of a protein shake mix that contains 28 grams of protein per scoop (from whey, which has high biological value), and contains only 2 grams of fat and only 5 grams of carbohydrates. It also contains 170 mg of calcium, is high in potassium and low in cholesterol. I usually put it in a blender adding water (instead of juice or milk) to keep the total calories low. I also add 2 tablespoons of ground flaxseed powder, and one or two teaspoons of creatine monohydrate and ice.

14. Creatine— Polab Creatin Monohydrate Powder

- Prolab Creatine Monohydrate Powder—a high grade, reliable source of pure creatine monohydrate.

Anti-Aging Physicians

To find a qualified physician near you who is a member of the American College for the Advancement in Medicine or the Academy of Anti-Aging Medicine, visit these websites: www.acam.org and www.worldhealth.net.

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A Select Book List for Further Reading:

Here are my recommendations for additional reading on the subjects of wellness and anti-aging:

1. *Grow Young with HGH* by Dr. Ronald Klatz (HarperPerennial, 1997).
2. *Stop Aging Now* by Jean Carper (Harper Collins, 1995).
3. *The Super Anti-Oxidants* by Dr. James Balch (M. Evans and Company Inc, 1998).
4. *The Real Vitamin and Mineral Book* by Shari Lieberman (Avery Publishing Group, 1997).
5. *Fats and Oils* by Udo Erasmus (Alive Books, 1986).
6. *Cancer & Nutrition* by Dr. Charles B. Simone (Avery Publishing, 1992).
7. *Dr. Anderson's Antioxidant Anti-aging Health Program* (Carroll & Graf Publishers, 1996).
8. *The official Anti-Aging Revolution* by R. Klatz, R. Goldman (Basic Health Publications Inc, 2007)
9. *The Life Extension Revolution* by P. Miller, (Bantom Books, 2005)

Dr. James Meschino's Website

To access Dr. Meschino's nutrition and health articles, video clips, television interviews, and to sign up for his free online newsletter "Dr. Meschino's Natural Health News," please visit www.meschinohealth.com

Dr. Meschino's Free Online Health Test

We also encourage you to visit www.adeeva.com to take Dr. Meschino's free online Nutriton/Lifestyle/Anti-Aging Assessment, which provides you with a customized report outlining the most appropriate dietary modifications, exercises and supplement formulations that are best suited to your personal circumstances.

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