

## Size Matters!

Something is terribly wrong with this picture. My own generation, the Baby Boomers, must shamefully cop to this fact: *Our* life expectancy surpasses that of our own children and grandchildren! In modern history, this failure to improve the health of the next generation is a first – and obesity is the sole culprit.

Mother Nature planned brilliantly to protect us from starvation, ever-changing environments and a thousand other dangers by making us smart, active and metabolically flexible – able to fine-tune our metabolism in the face of scarce and variable food. But we outsmarted her. She never considered that our daily physical struggle to feed and shelter ourselves would vanish completely, yet for most of us, it has.

We created agriculture and with it a surplus of food. Then we found ways to process away much of the good stuff while concentrating the tasty but empty calories into our addictive, modern diet. And we are paying the price. When sedentary lifestyle meets limitless food, bad things happen. Nature's greatest gift to us, our genetic software, doesn't have a clue how to handle this crazy situation, and it never will. It's a hard-wired program that we cannot change.

So when we don't exercise, our body, with ancient rules for survival, assumes we must be injured or sick. Why else would anyone lay around instead of gathering food and running away from danger? Our body slows its metabolism to help stave off starvation, while increasing hunger so we'll eat as much as possible when food is available. And when we satisfy that hunger with junk like french fries and soda, our body doesn't even recognize it as real food. It's searching our meals for the thousands of nutrient molecules found only in whole foods like raw fruits, nuts and vegetables, as proof that adequate food is at hand. Sadly, all the fast-food calories in the world can't deliver that message.

Unconvinced that we're not starving, our body cuts back our metabolism even further. And that's bad. Because when it cuts back on services, it has to make choices. Essential functions of the brain, heart and lungs come first. Luxuries, like producing anti-oxidation enzymes, controlling inflammation and protecting and repairing DNA are sacrificed, putting us at risk for widespread damage and early aging. Plus our body must store all the extra calories it refuses to burn as fat which weighs us down, ages our joints and makes us less able and willing to move like we should.

The result is our modern epidemic of abnormal metabolic diseases that we call high blood pressure, diabetes, high cholesterol and atherosclerosis. These bad guys cause early heart attack, stroke, kidney failure, chronic pain, blindness and dozens of cancers. No wonder our ever-increasing body size means a shorter life.

Weight loss and a lean body are now known, without any doubt, to be the single best predictors of a long life and good health. How can we get there? I recommend that my patients start by focusing on *putting the good stuff* into their mouth instead of fixating on keeping the bad stuff out. Start every supper with a variety of greens and vegetables and snack on nuts and whole fruits BEFORE saying yes to that processed-carb snack or huge steak. This will tip the balance to better food more effectively than trying to outlaw every edible item that the media has tried to scare us with. Let's be honest, most of us fail with that approach. I recommend introducing a brand new plant food at least once a month. It's fun but can be challenging to do, since the variety of fresh produce available to most of us is sadly limited.

And that's why I prescribe high-quality, whole food supplements such as Ageless Xtra, Metagreens, Regenicare and Aloe Gold to help fill in the metabolic gaps that plague even the most health-conscious diet. The results are often better weight control, improved mood and memory, less inflammation, greater physical energy *and a desire to use it*. Best of all, it leads to reduced cravings for those empty foods and a greater appreciation of just how delicious our natural foods really are.