

WHAT'S UP DOC PETE?

*Doc Pete, what is your prescription for health?
(Continued)*



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We are now half way through the **Seven Habits of Health** and I find that *Healthy Habit Number Four, Stimulants*, is timely as we approach the New Year.

Stimulants include: Alcohol (more than 6 oz), Chocolate (more than 1 oz), Coffee (more than one daily cup), tobacco, caffeine, Ma Huang (ephedra) and refined carbohydrates.

What do these have in common you wonder? Regular use of any these stimulates increases insulin production, which releases serotonin, causing a state of well being. However as serotonin rapidly leaves the body it depletes your reserves, creating more cravings. Stimulants become depressants and cravings reoccur to regain the lost state of well being. Altering the delicate chemistry of neuro-transmitters like serotonin can lead to depression and it's many consequences. Low serotonin levels leads to dehydration and depletes the energy stored in the muscles.

Your daily water intake should be half your body weight in ounces. A man weighing 200 pounds should drink 100 ounces just to maintain proper body function. If you drink caffeine or other stimulants you need more water. A chronic state of dehydration prevents the cells from functioning properly, leading to any number of conditions including constipation, cellulite, wrinkles, and dementia.

The benefits of reducing your use of stimulants will be more energy, increased concentration, more productivity, better sleep and an improved state of well being.



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