

WHAT'S UP DOC PETE?

Doc Pete, what is your prescription for health?



As simple as it may be, there are **Seven Healthy Habits** which constitute a healthy lifestyle; bearing an abundance of vitality. This all may sound too simple and you will probably find that many of the habits sound familiar. These Seven Healthy Habits include: a balanced diet, frequency of meals, exercise, decrease stimulants, decrease stress, supplements and hormone balancing.

We have been hearing about a balanced diet all of our lives, but what makes a healthy balanced diet has changed. The old food pyramid has been toppled and what has replaced it is a food pyramid which is distinctly different.

Primarily, the most important item lies at the base of the pyramid and it is water. Our body is made up of 70% water, not tea, juice or a sport drink. A healthy rule is to drink one-half your body weight in ounces of water per day. For example a 200-pound man would drink 100 ounces of water per day.

Fresh fruits and vegetables is the next layer in the pyramid followed by whole grains. Whole grains are not the processed grains found in most cereals, bread and pasta. Rather, a whole grain contains all three parts of the kernel including the bran, the germ and the endosperm. That is why it is called a whole grain. When Kellogg designed the food pyramid we grew up with, he intended the grains to be whole, not the refined, nutritional wasteland we have today in our breads, bagels, pastry and sweetened cereals.

The next levels of food up the pyramid are legumes followed by healthy fats and seasonings. Next we see eggs and dairy then fish and seafood followed by lean meats and optional times such as dark chocolate, alcohol and tea.

The University of Michigan Department Of Integrative Medicine designed and published this new pyramid calling it the **Healing Food Pyramid**. I encourage you to visit their website at www.med.umich.edu/umim to get your copy along with a detailed discussion of each level of the foods on the pyramid.

In up-coming articles we will discuss the remaining Six of the Seven Habits of Health.



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