

## WHAT'S UP DOC PETE?

*We have all just come through the holidays and it is perfect timing for the Fifth Habit for Healthy Aging... STRESS.*



*Peter J. Muran, MD*

Stress has a positive side. Stress is required for all living things to grow and survive. However, the current circumstances of daily life create a challenging environment of chronic stress. Chronic stress is characterized by continuous strain without relief. In fact, it is so continuous that we become accustomed to it and can no longer recognize the continual strain.

Without the opportunity to recover from chronic stress, the body is unable to repair or rejuvenate, leading to premature aging. Chronic stress weakens your resistance, increases the chances for disease, contributes to fat gain (especially around the middle) and puts you on a fast tract to aging.

There are three major areas of stress: mental/emotional, nutritional/chemical and physical/structural. Ideas to counter the mental/emotional strain of chronic stress include: yoga, meditation, a walk in nature, caring for a pet, healthy relationships with others, exercise, adequate sleep, activities that create a sense of fulfillment and lastly, laugh, love and hug often. Begin a new habit for healthy aging in 2007. Choose one of these ideas or create your own unique self-nurturing outlet, and enjoy the relief.

2007 begins an exciting venture for us, one that gives us the pleasure of interviewing national and local leaders in integrated health. The Longevity Healthcare Center is hosting **“Quantum Health”** a talk radio program on KVEC, 92.0, on Saturday afternoons at 1:00.

Join us to hear our first guest, local leader, Dr. Ronda Beaman, who will discuss her new book, *“You’re Only Young Twice”*. Dr. Beaman combines the sciences of neoteny and evolutionary psychology in her definitive guidebook for growing younger from the inside out.



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