



The Anti-aging Kitchen

When it comes to food and anti-aging, convenience is a concept that cuts both ways. Yes, it makes our lives easier in many ways. It saves us time. It gets us out of the kitchen when we might prefer to be doing other things. And often, it tastes really good—even though we know it's really bad for us.

However, when we take a closer look at convenience foods—those that are packaged or frozen or come from fast-food outlets and even many restaurants—we begin to realize that convenience may be doing us more harm than good. This is because it is both cheaper and easier for food processors and makers of restaurant and fast-food meals to use many ingredients that are detrimental to our health. In fact, one may question whether they even deserve to be classified as food in the first place, since they were created in the laboratory and do not exist in nature (e.g., high-fructose corn syrup, hydrogenated

fats, artificial sweeteners, colors, flavor enhancers, whipped food toppings).

In addition, not only are the prevailing cooking methods in fast-food outlets (such as deep frying) dangerous because of the high levels of unhealthy fats that they produce but also the excessively high heats used to fry carbohydrates produce toxic by-products such as acrylamide (a chemical with a variety of industrial uses). Foods such as French fries and potato chips contain large quantities of acrylamide.

Choose the Right Cooking and Salad Oils

It might not seem like a big deal whether you choose corn oil or olive oil in which to sauté your greens or dress your salad, but in fact, it is a very big deal.

Fat is one of the nutrients that we require in our body along with proteins, carbohydrates, and vitamins. The building blocks of fats and oils are called fatty acids, to which we have been previously introduced. The fatty acids known as EFAs are the fats that we can't make in our body; we have to obtain them from our food. These EFAs can be in omega-6 form, and that is called linoleic acid, which, as we have learned, is ubiquitous in the American diet. Then there is the omega-3 form of EFA, ALA. This is found naturally in fish such as wild salmon, in fish oil, and in grass-fed beef. Although olive oil has only a small amount of the essential fatty acids, it has tremendously beneficial effect on our bodies and is an important food to include in our daily diets. Olive oil does contain some linoleic acid (omega-6) and some ALA (omega-3); however, it also contains about 75% of a nonessential monounsaturated fatty acid called oleic acid.

Oleic acid is a member of the omega-9 family. Unlike the omega-3 and omega-6 fatty acids, omega-9 fatty acids are not classed as EFAs. This is because they can be created by the human body from unsaturated fat and are therefore not essential in the diet. However, this

statement is somewhat misleading. Oleic acid helps ensure that the vitally important omega-3 EFAs penetrate the lipid bilayer of the cell membrane. As we have learned, it is the role of the cell membranes to make sure that nutrients and oxygen get into the cell, that destructive free radicals are kept out, and that waste and carbon dioxide are eliminated. Therefore it makes sense to include superior sources of oleic acid (such as EVOO) in our diet to ensure that these vital functions are occurring. Oleic acid's ability to enhance absorption of EFAs will maintain the fluidity of the cell plasma membrane, thus keeping the cell supple and flexible. This is absolutely necessary for beautiful, youthful skin and a healthy body. In fact, there is also some very good evidence that olive oil can lower triglyceride levels, lower blood pressure, decrease the stickiness of platelets, and decrease heart attacks and their attending complications.

The next time you reach for the "fat-free" salad dressing, remember these facts. Olive oil enhances the absorption of all fatty acids, deficiencies of which will result in a wide variety of health problems, including

- Eczema (an inflammatory condition of the skin characterized by redness, itching, and oozing vesicular lesions, which become scaly, crusted, or hardened)
- Hair loss
- Liver problems
- Kidney problems
- Erratic, confused thinking
- Susceptibility to infection
- Delayed wound healing
- Sterility in men
- Miscarriages
- Arthritis-like conditions
- Heart and circulatory problems
- Depression

The Omega-6–Omega-3 Dilemma

WHICH OILS?

The cheap, heavily refined vegetable oils used most frequently by consumers—and by the makers of packaged, prepared, and restaurant foods—are high in inflammatory omega-6 EFAs and very low in anti-inflammatory omega-3 EFAs. These include corn, soy, canola, sunflower, safflower, peanut, and cottonseed oils.

While canola and soybean oils are often promoted as sources of omega-3s, they contain far greater proportions of omega-6s. Accordingly, they only add to the gross overload of omega-6s in the standard American diet, which delivers 25 to 40 parts omega-6 to 1 part omega-3. In contrast, EFA researchers recommend, with virtual unanimity, that people consume about 3 parts omega-6 to 1 part omega-3. In fact, our current consumption of omega-6 is twice what it was in 1940. Conversely, our consumption of omega-3s has shrunk by more than 50% since the mid-1800s.

Excessive amounts of omega-6 are unhealthy because they promote inflammation and can cause increased water retention and elevated blood pressure, as well as contribute to long-term diseases such as heart disease, cancer, asthma, arthritis, diabetes, and depression.

GETTING THE RATIO RIGHT

It is simply impossible to achieve the preferred 3:1 omega-6-to-omega-3 dietary EFA ratio by consuming omega-3 fish oil in absurdly enormous amounts. Practically speaking, the proper EFA ratio can be attained only by cutting back drastically on your intake of standard vegetable oils. I recommend eliminating them altogether because omega-6 EFAs are prevalent in the Western diet in other forms, such as grain-fed meat. As mentioned elsewhere in this book, if animals are in the pasture feeding on grass (their natural diet), the meat will be

high in anti-inflammatory omega-3s. Unfortunately, most people are eating grain-fed meat, a much less healthy choice and one that contributes to the omega-3 deficiency.

I prefer oils low in inflammatory omega-6 EFAs and high in monounsaturated fatty acids, which help lower LDL (bad) cholesterol and raise HDL (good) cholesterol, while helping normalize triglyceride (blood fat) levels. Monounsaturated fatty acids also help cell membranes incorporate beneficial omega-3s and may reduce the risk of insulin resistance and aid blood sugar control in diabetes.

I recommend five alternatives, in descending order of preference:

- *EVOO* averages 75% monounsaturated omega-9 fatty acids and, unlike any commercially available oil, it is rich in potent antioxidants with proven benefits to vascular health.
- *Macadamia nut oil*, like olive oil, is dominated by monounsaturated fatty acids, including omega-9 oleic acid and omega-7 palmitoleic acid, and boasts a higher “smoke point” than EVOO (410° Fahrenheit versus 310° Fahrenheit), which means that it resists breaking down under higher temperatures. It is also more versatile than olive oil, since it has a near-neutral flavor.
- *High-oleic safflower and sunflower oils* come from plants bred to be high in oleic acid, the same monounsaturated fat that predominates in olive oil. Regular safflower and sunflower oils are undesirable, as they are high in inflammatory omega-6 EFAs and low in monounsaturated fats. Like macadamia nut oil, safflower and sunflower oils are more versatile than olive oil, since they have a near-neutral flavor.
- *Avocado oil* is high in monounsaturated fatty acids but is costly and hard to find.
- *Unrefined canola (rapeseed) oil* is fairly low in omega-6s, contains a substantial amount of omega-3 fats, and is high in monounsaturated fatty acids. While regular rapeseed oil contains toxic levels of erucic acid, canola oil comes from a rapeseed hybrid that contains less than 2% erucic acid. There is little credible evidence that canola oil poses more dangers than its supermarket shelf mates. However, it

has been around for only a few decades and tends to produce an unpleasant flavor when heated, so I see it as an oil of last resort.

The fatty acids in the most commonly used cooking oils—soy, canola, sunflower, safflower, and cottonseed oils—consist primarily of the pro-inflammatory omega-6 EFA called alpha-linoleic acid (75% to 90%), with most of the remainder consisting of monounsaturated omega-9 fatty acids (10% to 15%). And these oils contain only small proportions of omega-3 EFAs (alpha-linolenic acid) relative to omega-6 EFAs (alpha-linoleic acid). The only ones relatively low in omega-6 EFAs are olive, high-oleic safflower, and canola oils.

You should also know that standard refined vegetable oils typically contain substantial amounts of dangerous trans-fatty acids, created when manufacturers seek to extend their products’ shelf lives by subjecting them to a process called deodorization, which will turn about 5% of a vegetable oil’s fragile omega-3 and omega-6 EFAs into trans fats. New research shows that trans fats may lead to inflammation inside arteries, creating complications for people with heart disease, diabetes, and other diseases.

VEGETABLE OIL	OMEGA-6 EFAs (%)	OMEGA-3 EFAs (%)	MONOUNSATURATED FATTY ACIDS (%)	SATURATED FATTY ACIDS (%)
Safflower (HO)	14	1	77	8
Safflower	78	0	13	9
Sunflower	8	1	82	9
Corn	71	1	16	12
Soybean	57	1	29	13
Cottonseed	54	8	23	15
Canola	54	0	19	27
Olive	21	11	61	7
Peanut	9	1	75	15

EFA, essential fatty acid; HO, high-oleic.

A SPECIAL NOTE ON COCONUT OIL

Coconut oil has long been regarded as an unhealthy fat in the United States, although it is enjoyed liberally in many other countries, especially where the coconut palm naturally flourishes. In those countries it is a key daily dietary component.

However, here in the West we are beginning to rethink this narrow-minded stance, as there are solid scientific arguments that contradict prior opinion. Coconut oil is a saturated fat, and a healthy diet should consist of no more than 6% saturated fat out of total fat intake. However, most of what we consume in the United States consists of artery-clogging long-chain saturated fats derived from animals. The plant-based medium-chain fatty acids or medium-chain triglycerides (MCTs) tend to digest quickly, producing energy and stimulating the metabolism. A number of studies have found that the MCTs in coconut oil neither are as readily converted into stored fats as long-chain fats are nor can be readily used by the body to make larger fat molecules. It now appears that if we replace unhealthy fats such as margarine, shortening, and conventional vegetable oils with coconut oil, we will not only store less body fat but also increase our metabolism. The fatty acid profile of coconut consists primarily of caprylic and lauric acids, which support immune function. Researchers have also discovered that the lauric acid fraction in coconut oil has antiviral and antimicrobial properties.

Coconut oil is practically tasteless, which means that it will not adversely affect food flavors.

Pro-aging Foods to Avoid

Conventional convenience foods usually pack a trio of undesirable elements that combine to undermine health:

HYDROGENATED AND PARTIALLY HYDROGENATED OILS

To make hydrogenated oils (so-called vegetable lard), the EFAs in vegetable oils such as cottonseed or soy are transformed, by catalytic conversion, into saturated fatty acids. The purpose is to make the oils in processed foods much more resistant to oxidation (rancidity) during months spent on the shelf or in a freezer. When vegetable oils are hydrogenated, the remaining unsaturated fatty acids get changed from their normal *cis* form to the *trans* form. Unfortunately, these human-made saturated and trans unsaturated fatty acids promote inflammation, arteriosclerosis, and cardiovascular disease.

SUGARS AND STARCHES

Human beings are programmed by millennia of evolutionary pressures to seek out sugars, which are the most readily usable form of fuel for the cells in our brains and muscles. Fortunately, other than occasionally stumbling on a honeycomb our hunter-gatherer forbearers didn't find sugars to be readily available, much to their benefit. Unfortunately, the opposite is true for people today; food manufacturers and restaurateurs add sugars and other toxic, pro-aging forms of sweeteners to foods in various guises. Sadly, this common practice has ruined Americans' palates, beginning in infancy, and habituated us to expect sweetness not just from pastries and candies but also from foods and beverages of all kinds. Perhaps the quickest way to accelerate the aging process is to eat foods or drink beverages that convert rapidly to sugar upon ingestion.

SYNTHETIC ADDITIVES

I cannot see the logic in ingesting synthetic additives in any form. *Synthetic* means "artificially produced and not of natural origin." What are the potential short- and long-term risks of these chemicals? In general, synthetic additives are used entirely for the convenience of food

manufacturers and retailers, to extend shelf life or replace costlier natural preservatives (potent antioxidants from rosemary, etc.), flavors, and colors (pigments that exert strong antioxidant effects).

Drink to Me Only

People ask me all the time whether it is okay for them to have a drink. They also want to know if there is one type of alcohol that is less damaging than others.

I do not have any problem recommending a glass of red wine with a meal, because (unlike white wine) it provides the very powerful anti-aging antioxidants called flavonols we learned about in Chapter One (“Cellular Rejuvenation”): blue-red-purple pigments that help protect the body in many ways.

As Plato said, exaggerating a bit perhaps, “Nothing more excellent or valuable than wine was ever granted by the gods to man.” Recent studies show that drinking one glass of red wine every day may have certain health benefits, in part because of its high antioxidant content:

- Protection against certain cancers
- Protection against heart disease
- A positive effect on cholesterol levels and blood pressure

If you like wine, I suggest that you drink just one glass, and always with a meal, rather than before, to blunt the inflammatory and liver-stressing effects of alcohol.

HARD LIQUOR: A PRO-INFLAMMATORY AGING ACCELERATOR

Drinking hard liquor, as opposed to a glass of wine with dinner, causes many problems in the body in terms of inflammation. Alcohol is detoxified by the liver. In hard liquor, the alcohol content is very high.

The metabolic products of alcohol are undesirable molecules known as aldehydes. In addition to causing an inflammatory re-

sponse, aldehydes also cause damage to various portions of the interior cell. If you are going to drink hard liquor, remember that the sugars in mixing juices or sodas also exert pro-inflammatory, skin-aging effects, so avoid them and use pure water or seltzer instead. In summary, enjoying red wine in moderation is acceptable—probably even healthful—but forgo the martinis and cosmopolitans.

CAN THAT NIGHTCAP: HOW ALCOHOL DISTURBS SLEEP

Since sleep is so important to rejuvenation of the skin and the entire body, it is essential that we do whatever we can to enhance the sleep experience. To that end, it's best to make sure that you *never* drink alcohol on an empty stomach and that you stay well hydrated by drinking plenty of water.

A few alcoholic beverages in the evening may initially make us drowsy, but very soon the alcohol precipitates a burst of norepinephrine, a hormonelike neurotransmitter secreted in response to excitement or stress. Hours after taking a drink, a burst of norepinephrine can disrupt your sleep cycle or even cause you to awaken. This will not only result in a very poor night's sleep but also leave your skin looking mottled and dull the next day.

DRYING OUT: WHY ALCOHOL IS NO BEAUTY AID

While the results of many scientific studies indicate that a small amount of alcohol can confer cardiovascular health benefits, there are a great many dangers associated with excessive alcohol consumption, including skin damage.

People generally think that alcohol is bad for the skin because it makes us dehydrated. They believe that they can counteract this by drinking large quantities of water. However, while it is important to rehydrate, alcohol creates inflammation throughout the body, including the skin, resulting in effects that far outlast dehydration. Alcohol alters the blood flow to the skin and produces an unhealthy appearance for

days following overindulgence. This effect can manifest as dullness, enlarged pores, discoloration, a red and blotchy complexion, puffiness around the eyes, loss of contours, sagging, and lack of resilience. These negative effects occur because alcohol causes small blood vessels in the skin to widen, allowing more blood to flow close to the skin's surface. In addition to a flushed skin color and feeling of warmth, this dilation of blood vessels can break facial capillaries. Alcohol also dehydrates the skin, and dry skin is more prone to fine lines than skin that is well hydrated.

When we are young, we can escape some of the physical, visible manifestations of excess alcohol—that is, they won't appear as severe as in older people because the young enjoy greater physical resiliency. But the effects are cumulative and will catch up with us. When we combine alcohol- and sun-induced damage, we are setting the stage for accelerated aging and destruction of the skin, including breakdown of the collagen needed to maintain firmness and elasticity.

Anti-aging Arsenal: Foods to Keep on Hand

The number-one priority in planning the anti-aging kitchen is making the right food choices. “As natural as possible” is a good rule to follow. One way to shop for healthy foods is to avoid most of the middle supermarket aisles. Instead, focus on the perimeter of the store, where you can find the fresh vegetables and fruit, the seafood, poultry, and dairy, as well as bulk herbs and spices, beans and legumes, nuts and seeds, and imported cheeses. By stocking your pantry, fridge, and freezer with the right foods, you'll increase your odds of eating right. These are some of my favorite anti-aging foods:

ALLIUM FAMILY

- *Best bets:* Onions, garlic
- *Good choices:* Chives, leeks, shallots, scallions

HANGOVER REMEDIES FOR INSIDE AND OUT

Should you overindulge in alcohol, drinking fresh, pure water and taking the right blend of nutritional supplements can help repair the internal and external damage that greets you the following morning. I recommend drinking a 10- to 12-ounce glass of water and taking 1,000 milligrams of vitamin C, 1,200 milligrams of *N*-acetyl cysteine, 100 milligrams of ALA, 1,000 milligrams of glutamine, 500 milligrams of pantothenic acid, and a B-complex supplement. Coffee is not an antidote to alcohol; in fact, it will leave you feeling even worse! The green foods introduced in Chapter One (“Cellular Rejuvenation”) help neutralize the effects of the aldehydes that may be responsible for the damaging effects of alcohol on the liver—as well as that unpleasant feeling called a hangover that we get in the morning after drinking the night before. Curcumin, the substance that gives the spice turmeric its distinctive yellow color, stops the changes caused by excessive alcohol consumption that lead to liver damage. I recommend mixing $\frac{1}{4}$ teaspoon with a little water. This amazing spice will also lower blood sugar and provide superior antioxidant protection.

And following a bout of excess alcohol, targeted topical treatments—such as formulas featuring vitamin C ester, DMAE, and ALA—will enhance your appearance in several ways:

- Maintain that fresh, rosy look of youth and health
- Revive dull, lifeless skin
- Minimize skin discoloration and redness
- Reduce puffiness around the eyes
- Reduce dark circles under the eyes
- Decrease the appearance of fine lines and wrinkles
- Protect the skin from free-radical damage

- *Anti-aging benefits:* Rich in sulfur compounds and anti-inflammatory antioxidants that enhance cardiovascular health, destroy infectious microbes, and reduce the risk of stomach cancers

RICH COLD-WATER FISH

There's no easier or healthier meal than one provided by opening a can of tuna, sardines, or wild salmon. And if you're thinking, *But how can I keep fresh fish on hand?* be aware that frozen fish is usually much better than "fresh" fish, which is often anything but fresh! Most "fresh" fish spend several days or weeks on ice in a fishing boat's hold and untold hours or days more before hitting the supermarket display case, where they may linger for days before being sold. In contrast, fish destined for freezing are cleaned and flash-frozen within a few hours of harvest, a practice that preserves them in a truly fresh state. By choosing frozen fish, you can keep a good variety in the freezer. Once thawed, it will taste like you caught and cooked it within a few hours of reeling it in. To speed the process, just immerse frozen fish, in the watertight bag it came in, in cool water for 1 to 2 hours, until it is flexible.

- *Best bets:* Wild salmon (sockeye, king/Chinook, Coho/silver, pink, chum). Sockeye offers the highest omega-3 levels of any fish

Note: Wild salmon offer a far healthier nutritional profile, compared with their farm-raised cousins. Both kinds are high in the anti-inflammatory omega-3 fatty acids sorely lacking in Western diets, which enhance mood, mental function, weight control, and heart health. But unlike wild salmon, farmed salmon are also high in the inflammatory omega-6 fatty acids found in extreme excess in the standard American diet. A clinical study from Norway indicates that eating farmed salmon raises blood levels of inflammatory chemicals associated with increased risk of cardiovascular disease, a sadly ironic situation, given the heart-healthy reputation of fish in general.

- *Good choices:* Sablefish ("black cod"), sardines, anchovies, herring, tuna, North Atlantic mackerel, trout, bass, shrimp, mussels, oysters, halibut

Pregnant and nursing women and young children should observe the consumption guidelines from the FDA and Environmental Protection Agency, and take fish oil capsules from a trusted and reputable supplier, to ensure adequate intake of long-chain marine omega-3 EFAs, which appear to enhance brain and eye development in fetuses and infants.

North Atlantic mackerel is relatively low in mercury, but avoid mackerel from the Gulf of Mexico or the south Atlantic, which are sometimes called Spanish or king mackerel.

Canned light tuna is relatively low in mercury, while young, low-weight, troll-caught Pacific albacore tuna are very low in mercury (see the “Resources” section). Pregnant and nursing women and young children should minimize their intake of (or avoid altogether) standard canned albacore tuna.

- *Anti-aging benefits:* Rich in omega-3 fatty acids, which enhance mood, mental function, and cardiovascular health and may help control weight, reduce the risk or severity of Alzheimer’s disease, and inhibit the growth of common cancers

FAVORITE FRUITS

- *Best bets:* Apples, berries, grapefruit
- *Good choices:* Pears, peaches, plums, prunes, cherries, oranges
- *Anti-aging benefits:* Rich in fibers and anti-inflammatory antioxidants that enhance cardiovascular health; may reduce the risk of certain cancers

“BACK TO MONO” FRUITS: AVOCADO, OLIVES, COCONUT, ACAI

Mono fruits contain healthy monounsaturated fats.

- *Anti-aging benefits:* High in fiber, anti-inflammatory antioxidants (olives and acai), and anti-inflammatory/antiadiposity fatty acids, which inhibit inflammation and may help control weight

HOT CALORIE BURNERS: CHILI PEPPERS, CAYENNE, CHILI POWDER

- *Anti-aging benefits:* High in fiber and anti-inflammatory antioxidants that may inhibit appetite and help control weight

NUTS AND SEEDS

- *Best bets:* Almonds, pistachios, walnuts, filberts, pumpkin seeds, sesame seeds and sesame butter (tahini), flaxseed, sunflower seeds
- *Anti-aging benefits:* Rich in fiber, healthy anti-inflammatory fats, and anti-inflammatory antioxidants that may help control weight

LOW-FAT PROBIOTIC DAIRY: YOGURT, KEFIR, PROBIOTIC MILK

- *Anti-aging benefits:* Rich in calcium, whey protein, and beneficial bacteria, a combination that boosts bone health and immunity and enhances weight control. Greek yogurt, especially that made from sheep milk and/or goat milk, is particularly healthful and has a thick, rich, creamy texture. Many people who are intolerant of cow's milk find the sheep- or goat-milk yogurts ideal.

BEANS (LEGUME FAMILY)

- *Best bets:* Chana dal (aka Bengal gram dal or cholar dal), lentils, chickpeas

Note: Chana gram dal comes from a distinct variety of the same plant that gives us chickpeas (*Cicer arietinum*), but the chana dal bean is much smaller and darker and is higher in fiber and phytochemicals. In India, these two types of chickpea are called *desi* (chana dal) and *kabuli* (chickpeas). This distinction is important because chickpeas have a much higher glycemic index (albeit still low, in relative terms) than chana dal.

- *Good choices:* Mung beans, hummus (chickpea purée), kidney beans, navy beans, pinto beans, black beans
- *Anti-aging benefits:* Rich in soluble fibers and (colorful varieties only) anti-inflammatory antioxidants that discourage the degenerative processes leading to common health disorders (e.g., cardiovascular disease, diabetes, cancer)

HERITAGE WHOLE GRAINS: OATS, HULL-LESS BARLEY, BUCKWHEAT

- *Anti-aging benefits:* Oats and barley are high in fibers that enhance weight control and discourage cardiovascular disease; the beta-glucan fiber in oats and barley exerts beneficial antiglycemic effects as well, helping to stabilize blood sugar.

Buckwheat is a seed rather than a grain and has many healthful anti-aging properties. Buckwheat is by far the richest food source of rare carbohydrate compounds called fagopyritols—especially D-chiro-inositol—which, in diabetic rats, reduces blood sugar levels very substantially. It is also rich in anti-inflammatory antioxidants.

SPICY SUGAR-FIGHTERS: CINNAMON, FENUGREEK, CLOVES

Those with diabetes should consult a physician before relying on any food or supplement to help control blood sugar.

- *Anti-aging benefits:* Rich in phytonutrients (fenugreek) and anti-inflammatory antioxidants (cinnamon and cloves) that enhance weight control and discourage common degenerative conditions (e.g., cardiovascular disease, diabetes, cancer). Cinnamon is also an outstanding blood sugar stabilizer, as discussed in Chapter Two (“Lean for Life”).

ANTI-AGING “RAINBOW” VEGGIES

- *Best bets:* Spinach, kale, chard, collards, escarole, broccoli rabe, root vegetable greens (turnip, mustard, beet), sea vegetables (seaweed)

- *Good choices:* Brussels sprouts, broccoli florets, broccoli sprouts, bell peppers, onion and garlic (allium) family, eggplant, green or red cabbage (red has the higher antioxidant potential), lettuces (various types; multicolored are best)
- *Anti-aging benefits:* Rich in fiber, anti-inflammatory antioxidants, and other phytonutrients that enhance weight control and discourage common degenerative conditions (e.g., cardiovascular disease, diabetes, cancer)

ANTI-INFLAMMATORY SPICES AND HERBS: GINGER, TURMERIC, GALANGAL, LEMON GRASS, AROMATIC CULINARY HERBS

Culinary herbs are parsley, mint, dill, marjoram, oregano, rosemary, thyme, and basil.

- *Anti-aging benefits:* Extremely high in anti-inflammatory antioxidants and other anti-inflammatory phytonutrients. The yellow pigment in turmeric (curcumin) is rich in antioxidants (curcuminoids) that exert potent anti-Alzheimer's effects in animals. Turmeric (like cinnamon) also has powerful blood sugar-stabilizing effects and can halt the changes caused by excessive alcohol consumption that lead to liver damage.

In clinical trials, ginger and turmeric have shown the ability to ease arthritis symptoms, since they act on the same inflammation/pain pathways as prescription COX-2 inhibitor drugs (e.g., Vioxx and Celebrex), but without any of the significant adverse side effects associated with those drugs.

EXTRA VIRGIN OLIVE OIL, MACADAMIA NUT OIL, AND HIGH-OLEIC SAFFLOWER OR SUNFLOWER OIL

- *Anti-aging benefits:* These oils are high in heart-healthy monounsaturated fatty acids and low in the inflammatory omega-6 fatty acids that

dominate most common cooking oils (e.g., canola, corn, regular safflower and sunflower, soy). EVOO is also uniquely rich in extremely potent antioxidants called hydroxytyrosols. (Lesser grades are not.)

Make Smart Cookware Selections

Cooking should be a pleasure unsullied by concerns about cookware. While many of the most popular types may pose serious health risks, fortunately there are excellent alternatives that will protect your family. An added benefit is that they will usually yield superior culinary outcomes.

COOKWARE TO AVOID

Two types of cookware should be avoided because of health concerns.

- *Nonstick plastic pan coatings:* Controversy rages over the safety of nonstick surfaces, which are applied to pans made of aluminum and steel. According to the Cookware Manufacturers Association, some 90% of all aluminum cookware sold in the United States in 2001 was coated with nonstick synthetic surfaces.

Nonstick synthetic surfaces are easily damaged, causing the plastic to flake and get in food. And when heated, cookware coated with Teflon and other nonstick materials emits fumes proven to kill pet birds. These unfortunate avian victims raised the alarm by acting as canaries in the kitchen rather than the coal mine.

According to a study by the 3M company, a chemical used in the manufacture of Teflon—called perfluorooctanoic acid, or PFOA—can be found in the blood of 90% of Americans. Of the 600 children tested, 90% had PFOA in their blood. And because PFOA does not break down, it persists in the environment indefinitely.

While it is not clear how much of this PFOA comes from non-

stick pans—it is also used to coat microwave popcorn bags and paper plates, among other food-related applications—cookware is likely to be a major source. And as toxicologist Tim Kropp of the Environmental Working Group told the *New York Times* in 2005, “Any amount of PFOA you are ingesting may be a problem because we don’t know what levels are safe.”

Teflon maker DuPont reached a \$16.5 million settlement with the Environmental Protection Agency over the company’s failure to report health risks from PFOA. The Environmental Working Group reported that their tests showed that Teflon emits fumes at only 325° Fahrenheit, while DuPont claims that it resists breakdown at temperatures lower than 660° Fahrenheit.

Speaking for myself, the evidence of possible harm is clear enough to make me stick to (no pun intended) more traditional surfaces. I recommend that you heed the warning provided by the DuPont settlement with the Environmental Protection Agency and replace your nonstick cookware as soon as possible.

- *Aluminum (regular, nonanodized)*: Evidence from some studies indicates that Alzheimer’s patients have abnormally high levels of aluminum in the amyloid protein plaques that characterize the disease, although it remains unclear whether this accumulation is a contributing factor to or an effect of the disease process.

The soft aluminum used to make standard aluminum pans transfers to foods readily, which poses possible neurological risks and imparts a metallic taste to foods. These drawbacks lead me to recommend against using standard aluminum pans. Anodized aluminum pans are likely to be safer, and these are discussed below.

PREFERRED COOKWARE

While the available alternatives may be a tad less convenient in certain circumstances, they will perform better in the kitchen and certainly won’t harm your health.

- *Porcelain-enameled cast iron, my top choice:* Famed *New York Times* food writer Marian Burros recommends enameled cast-iron pans because they yield superb cooking results and long-lasting performance on all heat sources. Once it gets hot, enameled cast iron requires only a low heat setting to keep food cooking. And excepting pieces with wooden handles, most enameled cast iron cookware can be used on burners, in the oven, and under the broiler.

In addition, the vitreous (glass-containing) enamel cooking surface is impervious to acids and other chemicals, so it can hold raw or cooked foods that are marinating or being stored in the refrigerator or freezer.

One of my favorite brands for this type of cookware is Le Creuset. It is initially more expensive than other types of cookware but will provide many years of faithful service. It also comes in a variety of beautiful colors.

Chef's Classic Ceramic Bakeware by Cuisinart is heavy, commercial-quality stoneware that gracefully moves from oven to broiler to table to freezer. The nonporous glaze will not absorb moisture or odors, so foods cooled and served in this ceramic bakeware maintain their natural flavor and juices.

- *Stainless steel:* When *Cook's Illustrated* magazine reviewed sauté pans in 2001, they chose a stainless-steel pan over otherwise identical nonstick models and found that stainless-steel pan roasters performed better than nonstick pans. This terrific choice also browns foods better than nonstick surfaces. And, tests by a leading consumer magazine indicate that stainless steel and steel-aluminum alloy pans are the easiest to clean.

You can season stainless-steel pans to make them virtually nonstick:

- Put about 2 tablespoons of olive oil or high-oleic safflower oil and 2 tablespoons of salt in the pan.
- Heat the pan to the point where the oil is almost beginning to emit smoke, and then let it start cooling down.

- Scrub the salt into the pan using a clean, lint-free cloth or paper towel.
- Wipe the pan out, re-oil it, wipe it out again, and you will have created a nonstick layer.

Perform this process when the pan is new, and repeat the process periodically. As with a seasoned cast-iron pan, clean the pan by wiping it out with (or without) a bit of warm water, without using soap or detergent. Should food bits become stuck to the pan, you may need to scrub it with detergent and reseason the pan.

COOKWARE RUNNERS-UP

While these cookware choices have their drawbacks, they appear to be safer than pans with standard nonstick surfaces.

- *Cast iron*: This old standby can be preheated to temperatures that will brown meat and will withstand oven temperatures well above those considered safe for nonstick pans. Cast iron is extremely durable and can be seasoned to provide a smooth, stick-resistant surface or can be purchased preseasoned.

However, I recommend minimizing its use—and avoiding it altogether if you have a personal or family history of heart trouble. Cast-iron cookware leaches iron into foods, and an excess of dietary iron acts as a pro-oxidant agent proven to promote dangerous oxidation of cholesterol.

- *Ceramic titanium*: This type of pan is made by permanently bonding a ceramic-titanium surface that contains a synthetic nonstick substance to a dense, high-pressure-cast aluminum pan. The ceramic-titanium compound is anchored to the pan base and then impregnated with a proprietary nonstick formula that is free of PFOA, the toxic chemical used to make Teflon. Since the nonstick formula is proprietary, it is hard to know whether it is as safe as claimed. And the leading manufacturer—Scanpan—admits that the

nonstick surface will begin to break down and emit fumes at temperatures of 500° Fahrenheit or higher.

- *Anodized aluminum:* Anodized aluminum pans—such as the ubiquitous Calphalon line—are made by electrochemically treating their cooking surfaces to increase their hardness and reduce the normal rate at which aluminum transfers to foods. Anodized aluminum is not, however, highly scratch resistant, so the hard surface layer may wear away over time, exposing the plain, soft aluminum underneath. *Note:* According to tests by a leading consumer magazine, “infused” anodized aluminum holds up to wear no better than standard anodized aluminum pans.

Caralluma fimbriata

Safety Profile

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Source of Information

Much background material on *Caralluma fimbriata* was supplied by Gen-cor Pacific. This information proved useful, especially the company's safety reports on *Caralluma fimbriata*. Additional information was obtained from PubMed (<http://ncbi.nlm.nih.gov/entrez/query.fcgi>) and from Web searches.

Safety of *Caralluma fimbriata* and Its Extract

In addition to the long history of safe ingestion of the cactus as a food, further proof of safety of its extract is evident through an acute oral toxicity study on rats and two clinical studies. The former was carried out by the Department of Pharmacology of St. John's Medical College in Bangalore, India. Doses of 2 grams per kilogram of body weight and 5 grams per kilogram of body weight were gavaged to rats. All animals survived until the scheduled necropsy at the end of the study period of 14 days. Histology revealed no abnormalities in the various organs.

Overall View of *Caralluma fimbriata* and Its Extract

I have reviewed the Gencor Pacific report on *Caralluma fimbriata* and believe the information is correct and accurate. Accordingly, all current evidence points to the safety of *Caralluma fimbriata* extract at the recommended doses.

I believe, on the basis of the following, that *Caralluma fimbriata* is safe to consume at recommended doses:

1. The cactus has been in the food chain of India for years and has not been associated with any significant adverse side effects.
2. *Caralluma fimbriata* is listed in the Wealth of India as a famine food and by various individuals on the Internet as a safe-to-consume food.
3. Various testimonials by doctors and scientists confirm its safety.
4. Testimonials by individuals who regularly consume the product describe its safety.
5. The daily dose of the extract contains the same concentration of ingredients as commonly eaten daily in the raw vegetable.

6. A study to determine LD₅₀ (the amount of a substance that is toxic to half of the experimental animals exposed to it) did not disclose toxicity, and it was reported that the LD₅₀ exceeded 5 grams per kilogram of body weight.
7. Two clinical studies composed of 44 individuals consuming the extract failed to reveal any significant adverse effects.

For a complete bibliography, see "References," the section for Chapter Two.

Abbreviations and Acronyms

<i>2"-O-GIV:</i>	2"-O-glycosylisovitexin	<i>DHA:</i>	docosahexaenoic acid
<i>AI:</i>	adequate intake	<i>DHEA:</i>	dehydroepiandrosterone
<i>AIDS:</i>	acquired immuno- deficiency syndrome	<i>DHLA:</i>	dihydrolipoic acid
<i>ALA:</i>	alpha lipoic acid	<i>DMAE:</i>	dimethylaminoethanol
<i>ALC:</i>	acetyl-L-carnitine	<i>DNA:</i>	deoxyribonucleic acid
<i>AP-1:</i>	activator protein 1	<i>EFA:</i>	essential fatty acid
<i>ATP:</i>	adenosine triphosphate	<i>EMS:</i>	electronic muscle stimulation
<i>BMD:</i>	bone mineral density	<i>EPA:</i>	eicosapentaenoic acid
<i>ch-OSA:</i>	choline-stabilized orthosilicic acid	<i>EVOO:</i>	extra virgin olive oil
<i>CLA:</i>	conjugated linoleic acid	<i>GC:</i>	glucocorticoid
<i>Co-Q₁₀:</i>	coenzyme Q ₁₀	<i>GLA:</i>	gamma linoleic acid
<i>COX-2:</i>	cyclooxygenase-2	<i>GSH:</i>	glutathione
		<i>GSSG:</i>	glutathione disulfide

<i>HFCS:</i>	high-fructose corn syrup	<i>PFOA:</i>	perfluorooctanoic acid
<i>HGH:</i>	human growth hormone	<i>PS:</i>	phosphatidylserine
<i>HPA axis:</i>	hypothalamic-pituitary-adrenal axis	<i>PTH:</i>	parathyroid hormone
<i>HRT:</i>	hormone-replacement therapy	<i>RDA:</i>	recommended daily allowance
<i>LDL-C:</i>	low-density lipoprotein cholesterol	<i>R-DHLA:</i>	R-dihydrolipoic acid
<i>MHC:</i>	major histocompatibility complex	<i>RLA:</i>	R-lipoic acid
<i>MRSA:</i>	methicillin-resistant <i>Staphylococcus aureus</i>	<i>RNA:</i>	ribonucleic acid
<i>NFkB:</i>	nuclear factor kappa B	<i>ROS:</i>	reactive oxygen species
<i>NIH:</i>	National Institutes of Health	<i>RS:</i>	resistant starch
<i>ORAC:</i>	Oxygen Radical Absorbance Capacity	<i>SARS:</i>	severe acute respiratory syndrome
		<i>SOD:</i>	superoxide dismutase
		<i>SP:</i>	substance P
		<i>UV:</i>	ultraviolet
		<i>VNO:</i>	vomeronasal organ

TEN MINUTES TO TURN BACK TIME

Step 1: *Warm-Up Shoulder Rolls*



Assume the T-Tapp stance: Stand with your feet hip width apart and toes forward. Then bend your knees, tuck your butt under, and bring your shoulders back in alignment with your hips. Last of all, push your knees out toward your little toes (KLT position). Then flip your palms forward, stretch your fingers wide, and twist your palms away so your thumbs point back as far as you can. You should feel your shoulders rotate back and upper back muscles tighten. Then inhale big and reach down during exhale.

Now roll your shoulders up, back, and down 4 times, keeping your hands below your waist and your thumbs back. Reverse and roll your shoulders up, forward, and down 4 times. Then finish with one more set of 4 shoulder rolls back.

Step 2: *Tuck, Curl, and Scoop*



Push your hands into your knees with your thumb on the inside and fingers on the outside of each knee. While pushing, tuck your butt under and curl your back until your arms are straight. Inhale deeply during curl (counts 1 through 4) and exhale as you reverse, scooping out your spine and arching your butt up (counts 5 through 8).

FORM CHECK: Tuck your chin in and pull your shoulders back at top of curl and stretch your chin up during the scoop. Keep your knees bent in KLT position at all times. Repeat 4 times, but on the fourth curl, stop when your arms are straight (count 4) and proceed to step 3.

Step 3: *Spine Roll-Up*



Flip your palms forward and tuck your butt under at the same time you reach down (count 5). Then use your laterals to pull your shoulders back and roll your spine up, one vertebra at a time (counts 6 through 8). Finish with 2 shoulder rolls back (counts 1 through 4).

FORM CHECK: Keep your knees bent and pushing out at all times (KLT).

Step 4: *Chest Press Plié Squats*



Place your feet shoulder width apart, with your toes turned out at a 30-degree angle or less. Press your fingertips and thumb together and lift your elbows up until they are level with your shoulders. Then bring your wrists into alignment with your elbows, and then open all the way back behind your ears. Hold this position for 2 counts while you inhale and exhale.

FORM CHECK: Keep your ribs up and your shoulders back in alignment with your hips and tuck your butt under to press your lower back flat.

Continue to push your knees out while you lower your body and bring your elbows forward without releasing your shoulders (counts 1 and 2). Your elbows should feel as if they are pressing against weight. Continue to push your knees out while you straighten your legs and bring your elbows back behind your ears (counts 3 and 4).

FORM CHECK: Keep your knees turned out when your legs straighten and tuck your butt harder as you come up against gravity. Keep your shoulders back and your lower back flat (no arch) at all times. Do not drop your elbows below shoulder level. *Tip:* To achieve optimal body alignment, practice against a wall. Repeat for a total of 8 plié squats. Take a water break and proceed to step 5.

Step 5: T-Tapp Twist Stretch



Resume the T-Tapp stance (toes forward, knees bent, butt tucked under, shoulders back, and knees in KLT). Now press your lower back against your hand at the same time you push into your stomach with your other hand. You should feel your abdominal core muscles tighten even more, as well as your hip and gluteal muscles. Focus to maintain this muscle activation to help isolate your lower body from your upper body during the twist. Now place your arms just below your collarbone, with your elbows level with your shoulders. It is important to establish isometric activation of your upper back and shoulder muscles too, especially the latissimus dorsi and trapezius.

Inhale big and push your left knee out even more to help stabilize your hips while you exhale and reach back with your right elbow as far as you can and hold (counts 1 through 4). Then relax and release your twist but do not lower your right elbow or release your T-Tapp stance (counts 5 through 8). Repeat—but this time during exhalation, increase the intensity of your tuck; push and reach while you look back at your right elbow to your best ability (counts 1 through 4). Then inhale bigger (counts 5 and 6) and exhale bigger (counts 7 and 8) while reaching to maximize your spinal stretch and lymphatic flow. Relax and return your upper body forward and do 2 shoulder rolls back with your palms forward.

FORM CHECK: Never allow your reaching elbow to drop lower than your shoulder! Repeat to the left side and proceed to step 6.

Step 6: T-Tapp Twist, Reach, and Roll



Twist your upper body to the right and pulse for 2 counts without moving your lower body. Now twist all the way over to your left side in 1 count until your shoulders are square to the side (count 3). Continue to tighten your tuck and push your right knee out as you reach down, aiming toward the back of your heel (count 4). Then keep tucking and pushing your knees out while you slowly roll up, keeping your upper body in a spinal twist position (counts 5 through 8).

FORM CHECK: Relax your head on count 4 and keep reaching down during the roll-up. Look at the side-view image for details. *Side view of step 6—reach and roll:* Your shoulders should be level and your head relaxed. Weight distribution should be equal—do not shift weight when reaching down!



Repeat the sequence for a total of 8 repetitions, 8 counts each, but on the eighth repetition, do not roll back up. Instead, during counts 5 through 8, move your upper body from side to front, touch your fingertips on the floor, and relax your head. (Keep your knees out!) Inhale and exhale and proceed to step 7.

Step 7: Release, Relax, and Roll



Place your hands on the outsides of your calves. Push your hands in while you push your knees out to tighten your muscles. Maintain this isometric tension while you gently rock your head 4 times. Keep pushing while you tuck and curl your spine until your arms are straight. Then flip your palms forward and reach down while you tuck your butt under (count 5). Then use your latissimus dorsi to pull your shoulders back and roll all the way up, one vertebra at a time (counts 6–8). Finish with 2 shoulder rolls back.

Repeat steps 6 and 7, twisting to your left for a total of 8 repetitions, 8 counts each. Then take a water break and proceed to step 8.

Step 8: *Hoedowns Front Lift/Touch*



Assume the T-Tapp stance but shift your weight to your right leg. Keep your right knee bent in KLT position, your butt tucked under, and your ribs up while you extend your hands out to the sides of your body with your palms up and thumbs back. Now push your elbows forward and pull your hands back to your best ability. You should feel your shoulders pull back and every muscle tighten in your upper back. Inhale and exhale—ready, begin: Lift your left knee up in alignment with your left shoulder (count 1) and then tap your toes to the floor (count 2). Repeat for a total of 4 lifts and taps (8 counts).

FORM CHECK: Try not to move your upper body when lifting your knee. Keep your butt tucked and your right knee bent in KLT at all times. Proceed to step 9 without stopping.

Step 9: Hoedowns Side Lift/Touch



Without stopping, lift your left knee up and out to the left side as you bring your left hand across your body to the right (count 1) and tap your toes to the floor (count 2). Repeat for a total of 4 lifts and taps (8 counts).

FORM CHECK—SIDE VIEW OF HOEDOWNS SIDE LIFT/TOUCH: Linear alignment is important during lifts and taps. In addition to aiming your knee toward the shoulder while lifting, also keep your foot pointed and in alignment with your knee. *Tip:* Pointing toe intensifies activation of abdominal muscles.

REPEAT STEPS 8 AND 9 AS FOLLOWS:

Two sets of 4 lifts and taps (8 counts front, 8 counts on left side, twice), 2 sets of 2 lifts and taps (counts 1 through 4 front, counts 5 through 8 left side, twice), and 1 set of 4 single lifts and taps (counts 1 and 2 front, counts 3 and 4 left side, 4 times)—all without stopping.

Then while inhaling and exhaling, do 1 shoulder roll back and reset starting position to repeat the same sequence on other side (2 sets of 4, 2 sets of 2, and 1 set of 4 single lifts and taps with right knee).

Then inhale big, exhale bigger, and repeat the entire sequence (left side, then right side) for a total of 2 sets of Hoedowns.



You Did It!



Now take a water break and
have a great day.

The various disciplines discussed in this chapter will greatly improve both physical and mental health. They will also help us to control public enemy number 1 in the causes of accelerated or premature aging: stress. In the next chapter, we will explore additional proven methods to fight the negative effects of stress.

M E N U S & R E C I P E S

For the recipe section of your anti-aging kitchen I have created special menus to celebrate the four seasons of the year: spring, summer, autumn, and winter. Each menu contains recipes keyed to nature's bounty at these special times of the year.

When shopping for the finest, freshest ingredients, always purchase organic meats, vegetables, and condiments when possible, and choose locally grown organic food when you can. It is not just your own precious life and health that will benefit but also that of the planet—its rivers, lakes, oceans, the land, the plant life, and beneficial insects and animals, both large and small. A simple choice made in the supermarket aisle has far-reaching effects.

Our first menu celebrates springtime's bounty of fresh asparagus served with a baked fillet of wild salmon. An added bonus: Each of these salmon recipes works equally well with boneless breast of chicken (remember to choose organic, free-range chicken) or firm tofu.

One of the wonderful harbingers of spring, along with the return of the robin and the appearance of spring flowers, is fresh asparagus. This delicious, nutritious vegetable is a rich source of folic acid, also known as folate or folacin.

When taken in sufficient quantities by pregnant women, folic acid can effectively reduce the risk of neural tube birth defects such as spina bifida. This explains why, in 1998, the FDA mandated that grain products must be enriched with folic acid. The U.S. Public Health Service recommends that all women of childbearing age who are capable of becoming pregnant should consume 0.4 milligrams (400 micrograms) of folacin per day to reduce their babies' risk of suffering neural tube birth defects. Folic acid is also essential to blood cell formation and growth, and in the prevention of liver disease.

This underappreciated B vitamin also appears to help prevent strokes. The results of a new study reveal that stroke mortality rates in both the United States and Canada dropped substantially after the FDA's grain-fortification mandate took effect.

But why eat heavily processed, synthetically fortified foods when you can enjoy fresh fruits and vegetables that also provide anti-inflammatory antioxidants and a wealth of anti-aging phytonutrients? The best sources of folic acid are asparagus and leafy dark-green vegetables such as spinach and collards. A 4-ounce serving of asparagus (8 medium-thick spears) provides 178 micrograms of folic acid, which is 45% of the recommended daily allowance (400 micrograms).

Its wealth of nutrients, fiber, and very low sodium and calorie content make asparagus a nutritionally wise (and delicious) choice.

Key Attributes of Asparagus

- Is low in calories, with only 26 per 4-ounce serving, or less than 4 calories per spear
- Contains no fat or cholesterol
- Is very low in sodium
- Is an excellent source of folic acid (178 micrograms per 4-ounce serving)
- Is a good source of potassium
- Is a significant source of thiamin
- Is a significant source of vitamin B₆
- Is a source of fiber (2.4 grams per 4-ounce serving)
- Is one of the richest sources of rutin. This antioxidant bioflavonoid compound strengthens and may help prevent unsightly breaks in small capillaries in the skin.
- Is abundant in glutathione, an essential tripeptide antioxidant found within our cells. This is one of the body's most effective fighters of cell-damaging free radicals, and it constitutes a critical part of our antioxidant defense system. Glutathione also detoxifies certain carcinogens and protects against chemicals that promote cell transformation or cell death.

A significant source of an essential nutrient provides 10% or more of the RDA, a good source provides 25% or more, and an excellent source provides 40% or more. A source of fiber provides 2 grams or more per serving, a good source contains 5 grams or more, and an excellent source contains 8 grams or more.

Celebrating Springtime's Bounty

• M E N U •

Baked Fillet of Salmon with Asparagus and Caper-Enriched
Lemon Sauce

Spinach Salad with Fresh Raspberries

Feta, Toasted Walnut, and Fresh Pear Platter

Pinot Noir

Pinot noir is a delightful wine to accompany salmon because pinot noirs have enough acidity in them to mitigate the fatty content in Alaska's oil-rich salmon species. They are also generally low in tannins, preventing the somewhat bitter aftertaste of some red wines. Pinot noir (and Pinot gris, its white wine cousin) is a great balance for salmon.

BAKED FILLET OF SALMON WITH ASPARAGUS AND CAPER-ENRICHED LEMON SAUCE

Serves 4

2 tablespoons fresh lemon juice
2 tablespoons minced shallots (may substitute red onion)
1 tablespoon drained capers, chopped
1 teaspoon minced fresh thyme
½ teaspoon grated lemon zest (use organic only or omit from recipe)

Sea salt and freshly ground black pepper to taste

24 ounces wild salmon fillet (1¼ to 1½ inches thick; skinless if available)

1 pound asparagus, trimmed

1 tablespoon extra virgin olive oil

Lemon slices

- Preheat oven to 450° F. Briskly stir first 5 ingredients in small bowl to blend. Add sea salt and freshly ground black pepper to taste.
- Slice three ½-inch-deep slits crosswise in top of salmon (as if dividing into 4 equal pieces), but do not cut through.
- Arrange asparagus in an even layer on a rimmed baking sheet. Drizzle with oil and turn to coat. Sprinkle with salt and pepper.
- Place salmon atop asparagus; sprinkle with salt and pepper. Roast until salmon is just opaque in center, about 20 minutes.
- Transfer asparagus and salmon to platter. Spoon sauce over salmon. Cut into 4 pieces along slits, garnish with lemon slices, and serve.

This delightful entrée recipe is easy enough for everyday enjoyment but elegant enough for a dinner party. The piquant flavor of the capers enhances the delicate yet distinctive flavors of the wild salmon and fresh asparagus. Capers are an outstanding way to turn a super dish into the sublime—without adding unwanted calories or fat.

SPINACH SALAD WITH FRESH RASPBERRIES

Serves 4

The addition of the fresh raspberries transforms this salad from the delightful to the divine.

DRESSING INGREDIENTS

- 2 tablespoons raspberry vinegar (available at specialty foods shops and some supermarkets)
- 1 tablespoon balsamic vinegar
- 1 tablespoon low-sodium tamari (soy sauce)
- $\frac{3}{4}$ teaspoon Dijon mustard
- 1 $\frac{1}{2}$ teaspoons minced, peeled fresh ginger root
- 1 garlic clove, minced and mashed to a paste with $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon freshly ground black pepper, or to taste
- $\frac{1}{2}$ cup extra virgin olive oil

SALAD INGREDIENTS

- 1 pound baby spinach, coarse stems discarded and leaves washed well and spun dry
- 16 cherry tomatoes
- $\frac{2}{3}$ cup fresh raspberries (rinsed and dried)
- 4 scallions, chopped fine
- $\frac{1}{4}$ cup walnuts, toasted and chopped coarsely

To make dressing: In a bowl, whisk together all dressing ingredients except oil. Add oil in a stream, whisking, and whisk until emulsified. (Dressing may be made 2 days ahead and chilled, covered.)

- Combine salad ingredients except for walnuts in a bowl and toss with dressing. Sprinkle with walnuts for a garnish.

FETA, TOASTED WALNUT, AND FRESH PEAR PLATTER

½ pound feta cheese, cut into ¼-inch slices

3 pears, peeled, cored and cut into ¼-inch slices

Fresh black pepper

1 cup toasted walnuts

- Arrange the feta slices down the center of a large platter.
- Arrange the pear slices around the feta.
- Grate fresh black pepper over the feta; sprinkle with toasted walnuts and serve.

Feta cheese is a rich and creamy soft cheese of Greece, authentically made of whole sheep's milk, although many cheeses are now made with goat's milk or a mixture of the two. When possible, purchase feta cheese made from goat's milk and/or sheep's milk. This is far superior to feta made from cow's milk.

Celebrating Summer's Bounty with Our
BACKYARD HEALTHY HOLIDAY BARBECUE

• M E N U •

Salmon, Chicken, or Tofu Kabobs with a Marinade of Fresh
Lime and Rosemary

Grilled Veggie Kabobs

Rainbow Parfait

Amarone della Valpolicella Classico Riserva

Iced Green Tea with Sprigs of Fresh Mint and
Lemon Wedges

When it comes to barbecue, the experts recommend a rich red wine that can stand up to the powerful flavors of barbecue sauces and marinades. One of my favorites is amarone, an exceptional wine from Veneto, the same northeastern area of Italy that produces valpolicella. Well balanced, this complex wine is smooth and elegant on the palate and delivers cherry and raisinlike flavors. Delightful with food, including salmon, amarone is often enjoyed alone, sipped outside of mealtimes with good conversation and good friends.

If your idea of a summer barbecue is grilled fat- and chemical-laden hot dogs and greasy burgers, this menu is the ideal antidote. Grilled veggie kabobs make the perfect accompaniment to savory skewered salmon, chicken, or tofu.

Wild salmon is superb when cooked on the grill and offers a far healthier nutritional profile than does farm-raised salmon. Wild salmon is high in the anti-inflammatory omega-3 fatty acids sorely lacking in Western diets. It is these omega-3s that enhance mood, mental function, weight control, and heart health—is it any wonder so many of us are depressed and overweight? The savory salmon kabobs will deliver a healthy dose of the omega-3s as well as superior taste and flavor. Here's another reason to “go wild” when it comes to salmon: Farmed salmon is high in the inflammatory omega-6 fatty acids found in extreme excess in the standard American diet.

For wild salmon of superior taste and quality—especially sockeye, which is the kind highest in omega-3s—I recommend Vital Choice Seafood (<http://www.vitalchoice.com>). See the “Resources” section for more details.

This recipe also works wonders with shrimp, scallops, boneless chicken breast, and firm tofu.

SALMON, CHICKEN, OR TOFU KABOBS WITH A MARINADE OF FRESH LIME AND ROSEMARY

Serves 4

KABOB INGREDIENTS

4 (6 ounces each) skinless and boneless wild Alaskan salmon fillets,
boneless chicken breasts, or bricks of firm tofu
Salt and freshly ground black pepper

MARINADE INGREDIENTS

2 garlic cloves, pressed
2 rosemary sprigs, leaves removed and finely chopped
7 tablespoons extra virgin olive oil
2 tablespoons freshly squeezed lime juice (use organic limes to
avoid the pesticide residue that accumulate in citrus rinds)
Lime slices
Rosemary sprigs

- Rinse the salmon, chicken, or tofu and pat dry. Cut into large cubes suitable for skewering.
- Place the salmon, chicken, or tofu cubes in a shallow baking dish and sprinkle them with freshly grated sea salt and pepper.
- Place the marinade ingredients in a small bowl and whisk them together until blended.
- Pour the marinade over the salmon, chicken, or tofu and allow to marinate for at least 10 minutes.
- Preheat the broiler (or preheat grill to medium-high).
- Lace the salmon, chicken, or tofu onto the skewers and broil (or grill) for 5 minutes, turning them once.
- While the salmon (or chicken or tofu) is cooking, pour the marinade in a small saucepan and heat it over medium heat.

- To serve: Divide among 4 serving plates and spoon some of the heated marinade over each. Garnish each plate with a few lime slices and a sprig of fresh rosemary and serve.

Note: if using wooden skewers, presoak in water for about 20 minutes.

GRILLED VEGGIE KABOBS

Serves 4 to 6

- ½ pound whole small mushrooms
- 2 large green or red bell peppers
- 1½ pounds small zucchini, cut into 1-inch slices
- 12 to 16 cherry tomatoes
- 1 large yellow onion cut into 1-inch slices

MARINADE AND BASTING SAUCE

- ⅓ cup chopped shallots
- ⅓ cup extra virgin olive oil
- 3 tablespoons Dijon mustard
- 3 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh thyme
- 1 tablespoon grated lemon zest (use organic lemons to avoid the pesticide residue that accumulate in citrus rinds)
- Freshly ground sea salt and black pepper to taste

- Place the marinade ingredients in a bowl and whisk them together until blended.
- Wash mushrooms; remove and discard stems. Wash peppers, remove seeds and veins and cut into 1-inch slices. Pat dry and place mushrooms, sliced zucchini, peppers, onion, and cherry tomatoes in marinade.
- Optional: Let vegetables marinate in refrigerator for at least 4 hours. If this is not possible, just baste them liberally during cooking.
- Drain vegetables, reserving marinade. Thread vegetables alternately onto skewers. Cook on grill over medium heat for about 10 minutes, turning occasionally and basting with reserved marinade. Grilled veggie kabobs make the perfect accompaniment to the savory skewered salmon, chicken, or tofu.

RAINBOW PARFAIT

Serves 4 to 6

2 cups $\frac{3}{4}$ -inch honeydew melon balls (from about a 3-pound piece, seeded)

2 cups $\frac{3}{4}$ -inch cantaloupe balls (from about a 3-pound piece, seeded)

1 cup wild organic blueberries (see “Resources” section)

$\frac{1}{4}$ cup fresh lime juice

Fresh mint sprigs

- Gently layer melon, cantaloupe, and berries into tall parfait glasses.
- Drizzle equal amounts of the lime juice over each glass of fruit.
- Top with sprig of fresh mint.

Celebrating Autumn's Harvest

A CORNUCOPIA OF CULINARY DELIGHTS

Many of us make our biggest dietary mistakes during the holidays. In fact statistics show that Thanksgiving is when we are most apt to put on unwanted weight. Here is a Thanksgiving menu that offers healthy alternatives to fat- and carb-heavy fare. The RS in the chick peas (garbanzo beans) used to make the hummus will ensure that your blood sugar is not raised to unhealthy levels—as will the cinnamon in the pies.

THE PERRICONE THANKSGIVING

• M E N U •

Appetizer: Hummus and Basil Kefir Dips with Crudités

Main Course: Turkey and Side Dishes

Dessert: Pumpkin and Apple Pies

Châteauneuf-du-Pape

Châteauneuf-du-Pape is a beautiful wine made in the southern Rhône region of France. This is a robust wine that goes particularly well with the classic country autumn and winter fare. Although poultry and seafood are customarily linked with a white wine, a “big” red wine, such as Châteauneuf-du-Pape, is a delightful, full-bodied accompaniment to a traditional Thanksgiving dinner.

APPETIZER: HUMMUS AND BASIL KEFIR DIPS WITH CRUDITÉS

HUMMUS

- 4 garlic cloves, crushed
- 1 teaspoon salt
- Two 19-ounce cans of chickpeas, drained and rinsed
- $\frac{2}{3}$ cup well-stirred tahini
- $\frac{1}{4}$ cup fresh lemon juice, or to taste
- $\frac{1}{2}$ cup extra virgin olive oil, or to taste
- $\frac{1}{4}$ cup fresh parsley leaves
- 2 tablespoons pine nuts, toasted lightly

Mix all of the ingredients in a food processor until creamy.

BASIL KEFIR DIP

- $\frac{1}{2}$ pound of fresh basil, blanched
- 1 pint of plain or low-fat kefir (or yogurt)
- 2 tablespoons fresh lemon juice
- Sea salt and pepper to taste

Blend ingredients thoroughly and refrigerate.

CRUDITÉS

- Julienned cucumber
- Zucchini
- Broccoli florets
- Red peppers
- Cauliflower florets
- Grape tomatoes
- Sliced apples
- Sliced pears

Fresh berries

Assorted olives

Flaxseed crackers

Bowl of almonds, hazelnuts, and walnuts

Serve all items arranged on a large platter with bowls of hummus and basil kefir dip.

MAIN COURSE: TURKEY AND SIDE DISHES

THE TURKEY

15-pound whole turkey, preferably fresh (and organic free range)

$\frac{3}{4}$ cup extra virgin olive oil

$\frac{1}{2}$ cup freshly squeezed lemon juice

6 to 8 cloves fresh garlic, peeled

1 tablespoon lemon zest

1 teaspoon salt

1 teaspoon freshly ground black pepper

Parsley and other fresh herbs

Lemon wedges

- Remove giblets and neck from turkey; reserve. Rinse turkey with cold running water and drain well.
- In blender, combine olive oil and lemon juice. While blending, drop in garlic cloves one at a time. Gradually add lemon zest. Continue to blend until mixture is puréed.
- Using an injector, inject marinade into all parts of the turkey. (Strain marinade if it is too thick to pass through the injector.)
- Gently massage turkey to distribute marinade.
- Place turkey in a large plastic bag (cooking bag or food service-grade plastic bag). Close bag and refrigerate overnight.
- Preheat oven to 325° F.
- Remove turkey and drain and discard excess marinade. Do not reuse marinade to baste the turkey.
- Fold the neck skin and fasten to the back with 1 or 2 skewers. Fold the wings under the back of the turkey. Return the legs to tucked position.

- Place turkey, breast side up, on a rack in a large, shallow (about 2½ inches deep) roasting pan. Rub turkey with salt and pepper.
- Insert oven-safe meat thermometer into the thickest part of the turkey's thigh, being careful that the pointed end of the thermometer does not touch the bone.
- Roast the turkey in preheated oven for about 3¾ hours. During the last hour of roasting time, baste with pan drippings. If necessary, loosely cover with foil to prevent excessive browning.
- Continue roasting until the thermometer registers 180° in the thigh or 170° in the breast. Remove turkey from the oven and allow it to rest for 15 to 20 minutes before carving.
- Place turkey on a warm large platter and garnish with fresh herbs and lemon wedges.

GRAVY (*Yield: 1.5 cups*)

½ cup finely chopped onion
2 tablespoons chopped fresh parsley
2½ cups low-fat chicken broth
1 tablespoon cornstarch
Pepper to taste

- Cook onions and parsley in ¼ cup of broth until onions are translucent.
- In separate mixing bowl, combine cornstarch, pepper, and 1 cup broth and stir until smooth.
- Add mixture to pan with the remaining broth, stirring continuously. Boil for 2 minutes.

BUCKWHEAT STUFFING

1 cup kasha (medium or coarse)
1 egg, slightly beaten

¼ cup butter
1 cup each chopped onion and celery
2 cups chopped unpeeled apples
½ teaspoon ground sage
2 cups boiling chicken or turkey broth
Salt and pepper to taste

- Combine kasha and egg.
- Heat heavy skillet or pan lightly coated with oil (with tightly fitting lid); sear kasha until egg is cooked (2 to 3 minutes); remove from pan.
- Add butter to same pan; sauté onion, celery, and apples; season with sage.
- Return kasha to pan and carefully add boiling broth; reduce heat and simmer, covered, until liquid is absorbed (8 to 11 minutes). Adjust seasonings to taste.
- Bake separately in covered casserole at 350° Fahrenheit for 45 minutes.

CRANBERRY SAUCE (*Yield: 1 ¼ cups*)

2 cups fresh cranberries, washed
½ cup water
¼ cup agave nectar (or stevia, as desired)
1 orange, peeled and sectioned, discarding seeds and membranes, and puréed

- Place berries and water in saucepan and cook over high heat until berries begin to pop. Stir continuously to prevent sticking.
- Add desired amount of stevia or agave to sweeten as berries gel.
- When everything is completely dissolved, add orange and mix.
- Refrigerate to chill.

MASHED CAULIFLOWER

1 head cauliflower
⅓ cup skim milk
½ cup Gruyère cheese, grated
Salt and pepper
Paprika

- Preheat oven to 350° F
- Cook cauliflower until fork tender.
- Place cauliflower (in pieces), skim milk, cheese, salt, and pepper in blender. Whip until smooth.
- Pour cauliflower mixture into small baking dish. Sprinkle with paprika and bake until bubbly.

OVEN-ROASTED BRUSSELS SPROUTS WITH APPLES

Serves 2

1 pint Brussels sprouts, cleaned and left whole
1 apple peeled, cored, and cut into eighths
1 teaspoon extra virgin olive oil

- Preheat oven to 375° F. In large bowl, toss Brussels sprouts, apple, and oil together.
- Cover a cookie sheet with aluminum foil; spread apple-Brussels sprout mixture evenly. Roast until lightly browned.

SPICED WINTER SQUASH WITH FENNEL

Serves 4

1½ pounds butternut squash, peeled, halved lengthwise, seeded,
halved crosswise, then cut lengthwise into ¾-inch-wide wedges

- 1 fennel bulb, trimmed, cut lengthwise into 1-inch-wide wedges
- 1 large onion, root end left intact, then cut lengthwise into ½-inch-wide wedges
- 3 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon chili powder
- ½ teaspoon turmeric

Salt and pepper to taste

- Position rack in bottom third of oven and preheat oven to 450° F.
- Combine squash, fennel, and onion on heavy, large, rimmed baking sheet. Add oil and toss vegetables to coat.
- Mix all spices in small bowl to blend. Sprinkle spice mixture over vegetables and toss them to coat. Sprinkle with salt and generous amount of pepper.
- Roast vegetables, turning once, about 45 minutes, until they are tender and browned. Transfer them to shallow dish and serve.

DESSERTS: PUMPKIN AND APPLE PIES

Serves ?

PUMPKIN PIE

PIE CRUST

1 cup rolled oats
10 almonds
1 cup brown rice flour
 $\frac{1}{4}$ teaspoon salt
2 tablespoons sesame oil
 $\frac{2}{3}$ cup ice water

- Preheat oven to 350° F
- Blend oats and almonds in dry blender to flour consistency.
- Combine in a bowl with rice flour and salt; add oil and stir; add water and mix to soft dough consistency.
- Press mixture into lightly oiled and sprayed pie pan, pressing from center outward; crimp edges with fork or dampened fingertips.
- Prebake for 10-15 minutes at 350° F and cool before adding filling.

PIE FILLING

One 15-ounce can pumpkin (about $1\frac{3}{4}$ cups)
8 ounces skim milk
3 eggs
 $\frac{1}{2}$ cup agave nectar
Pumpkin pie spice to taste
Cinnamon to taste

- Preheat oven to 425° F
- Mix pumpkin, milk, and eggs until smooth.

- Gradually stir in agave nectar (¼ cup at a time).
- Add the pumpkin pie spice, taste; add more if needed.
- Pour mixture into crust and spread evenly.
- Bake in the oven for 15 minutes, then reduce the temperature to 350° F and bake for another 45 minutes (time may vary depending on oven).
- Lightly sprinkle cinnamon on top of pie and let cool.

APPLE PIE

UNBAKED PIE CRUST: SEE RECIPE ON P. 224.

PIE FILLING

2 firm, tart apples, peeled, cored, and sliced

½ cup raisins (optional)

4 large eggs

½ cup agave nectar

1 cup plain yogurt

1 teaspoon pure vanilla extract

½ teaspoon cinnamon

¼ teaspoon salt

- Preheat oven to 375° F.
- Spread apples and raisins evenly in unbaked pie shell.
- In a blender, combine the eggs, agave syrup, yogurt, vanilla extract, cinnamon, and salt, and blend until creamy.
- Pour this custard over the apples and bake for about 1 hour, or until set. Allow to cool before serving.

Celebrating a Winter Wonderland with a

ROMANTIC VALENTINE DINNER

for

TWO

Valentine's Day is another holiday in which our usual dietary decorum flies out the window as we indulge in rich desserts and fine champagne. Here is a romantic Valentine dinner for two that will satisfy the senses without sacrifice.

I chose these recipes for two reasons: because both feature heart-healthy foods that will nourish body and spirit, and to help set the mood for a lovely evening. In addition to superior nutrition, these recipes also feature foods that possess powerful anti-inflammatory properties that can help protect body and brain alike from the harmful effects of aging.

• M E N U •

Almond-Encrusted Wild Salmon Fillets on a Bed of
Wilted Greens

Parsley and Saffron-Scented Oat Pilaf

Cabernet Sauvignon

Extra-Dark Organic Chocolate with Blueberries

Green Tea

Cabernet Sauvignon is the dominant grape in the famed Bordeaux region of France and the premier red wine grape in the world. It is usually blended with other varieties, such as Merlot, to make wines with increased complexity. When you think of the finest red wines in the world, you often are thinking of wines made with Cabernet Sauvignon. In addition to Cabernet's taste characteristics, which are dark cherry, cedar, tobacco, and black currant, this red grape has a higher concentration of antioxidants than any other grape. To learn more about this and other fine wines, visit www.cellarnotes.net.

ALMOND-ENCRUSTED WILD SALMON FILLETS ON A BED OF WILTED GREENS

Serves 2

*Hazelnuts, walnuts, or
sunflower seeds may
be used in place of
almonds.*

½ cup coarsely ground almonds

¼ cup chopped fresh parsley

1 tablespoon grated organic lemon zest (use organic lemons;
nonorganic lemon rind is treated with fungicide)

Dash of sea salt and fresh pepper

Two 6-ounce wild salmon skinless fillets

2 tablespoons extra virgin olive oil

4 cups mixed organic baby greens (arugula, mesclun, spinach, etc.)

Lemon wedges

- Grind the almonds in a coffee grinder or food processor—do not overgrind and turn them into a paste.
- Mix ground almonds, parsley, grated lemon zest, salt, and pepper on plate.
- Dry the salmon; dredge salmon on both sides in the almond mixture.
- Heat the oil in a large skillet over medium heat.
- Add the salmon and cook about 5 minutes on each side, making sure that the salmon is cooked through.
- Arrange 1 cup of greens—such as spinach, or a mix of greens such as baby lettuce, arugula, turnip or mustard greens, herbs, endive, and escarole—on each of 2 plates.
- Transfer the hot salmon fillets to plates.
- Garnish with lemon wedges and serve immediately.

PARSLEY AND SAFFRON-SCENTED OAT PILAF

Serves 4

2 cups water or soup stock
⅛ teaspoon saffron, crushed
2 tablespoons extra virgin olive oil
1 large clove of garlic, minced
1 medium yellow onion, diced
1 cup whole oat groats, rinsed (they look like brown rice and are available at natural-food stores)
½ cup fresh parsley
2 stalks fresh rosemary (or 1 teaspoon dried rosemary)
4 tablespoons Parmesan or Romano cheese (if possible, use imported cheese and grate it yourself for superior flavor)
Freshly grated black pepper to taste

- Boil ½ cup of the water or stock and pour over the saffron. Set aside.
- Heat the oil in a large saucepan. Sauté the garlic and onion over medium heat for about 5 minutes.
- Add the oats and stir to coat all the grains. Cook over medium heat for about 5 minutes, stirring frequently.
- Add the remaining 1½ cups of water or stock to the oats; add the saffron mixture and bring to a boil. Reduce the heat to a simmer and cook, covered, for about 45 minutes, or until all the water is absorbed.
- Remove Rosemary leaves from stalk and coarsely chop. Discard stalk. Coarsely chop parsley leaves.
- Remove the pot cover, fluff the oats with a fork, fold in the Rosemary and the parsley, and serve immediately.
- Top each serving with 1 tablespoon grated Parmesan or Romano cheese and with black pepper. I prefer imported Parmigiano-Reggiano for superior flavor.

Foods for Lovers . . . and a Longer, Healthier Life

A closer look at their key ingredients reveals why I chose these recipes for your Valentine's Day dinner.

WILD SALMON is probably the world's most heart healthy source of protein. It is rich in long-chain omega-3 EFAs—the most beneficial kind—which protect heart health, inhibit inflammation, act as natural antidepressants, increase feelings of well-being, and help keep skin young, supple, and radiant.

NUTS AND SEEDS such as hazelnuts, walnuts, and almonds are rich in short-chain omega-3 EFAs, which inhibit the accumulation of fats in artery walls that promote angina, strokes, and heart attacks. Nuts are also high in the amino acid arginine, which prompts the body to release vital hormones, stimulates sexuality, increases lean muscle mass, burns fat, lowers cholesterol, and boosts the immune system.

OAT PILAF is a delightful way to enjoy the benefits of the complex carbohydrates in an extraordinarily healthful whole grain, which provide sustained energy and also stimulate release of serotonin, a key neurotransmitter that can lift mood and cut carbohydrate cravings. Oats are also rich in vitamins, minerals, fibrous lignans, and phytochemicals that protect against heart disease, cancers, diabetes, and a whole host of diseases.

DARK LEAFY GREENS are rich in the antioxidant plant pigments known as carotenoids, which enhance immune response, protect skin cells against UV radiation, and spare liver enzymes that neutralize carcinogens and other toxins. Their important antioxidant, anti-inflammatory effects reduce the risk of heart disease, block sunlight-induced inflammation in the skin—which leads to wrinkles and skin cancer—and protect the eyes (especially the lutein found in spinach and kale), and may prevent cataracts and macular degeneration.

CABERNET SAUVIGNON: Red wine contains a powerful heart-healthy, anticancer, anti-aging antioxidant called resveratrol. It also appears that resveratrol helps protect the skin against the sun's UV radiation. Many studies have suggested that moderate alcohol drinking helps to reduce the likelihood of heart disease. But it seems that wine—particularly red wines such as Cabernet Sauvignon—interferes with the production of a body chemical vital to the process that leads to clogged arteries and an increased risk of heart attack. White wine and rosé do not offer the same protection.

EXTRA-DARK CHOCOLATE, especially that containing 80 percent cocoa solids or more, is uniquely high in potent, heart-healthy flavon-3-ol antioxidants. In fact, cocoa contains double the flavon-3-ol antioxidant content of red wine and five times that of green tea. Chocolate also contains arginine, whose benefits we addressed under “Nuts and Seeds” above. Chocolate is also a source of several mood-elevating constituents, including tryptophan (precursor to serotonin), anandamide (a natural brain chemical very similar to the cannabinoids in marijuana), theobromine (far milder cousin to caffeine), phenylethylamine, and magnesium. While the amounts of each of these potentially mood-elevating components appear too small to affect most people's mood significantly, the combination can and does produce feelings of elation, even ecstasy, in some sensitive individuals.

GREEN TEA: Enjoy a cup of green tea after your meal and don't worry about the caffeine, since a compound in green tea called theonine blocks the negative effects of caffeine while acting as a natural mood elevator and promoting feelings of well-being. Because green tea is rich in polyphenol antioxidants, it can help fight inflammation and age-accelerating free radicals, protect against heart disease and cancer, boost the body's natural defenses, and exert antiviral and antibacterial effects.

MAGNESIUM MAGIC: Many of the foods in our recipes are excellent sources of magnesium, a vital mineral that many of us do not get

enough of. Thanks to its calming effects on the nervous system, magnesium can help ease anxiety, relax muscles, promote stress relief, decrease levels of the stress hormone cortisol, and promote a good night's sleep.

A Final Note on the Anti-aging Kitchen

If you are angry or upset, it is better to avoid cooking or preparing a meal, if possible. It's a well-known fact that many of us use food to influence our feelings. That means that if you're angry while you're cooking, you're likely to snack while you prepare the meal, make more than you or your family needs, go for foods that contain more sugar and/or starch than is good for you, and possibly even spark an eating binge. A study conducted at Ohio State University in 2000 revealed that anger increases the levels of homocysteine in the blood, an amino acid that has been linked to cardiovascular disease and hardening of the arteries. The good news is that adding folate to your diet (by trying the delicious asparagus recipe above, for example) can help alleviate homocysteine's harmful effects.

Creating health and longevity is as much a mental and spiritual discipline as it is physical—perhaps even more so. When we bring a positive and thankful attitude to even the simplest or most tedious of tasks, we quickly find that it becomes much more enjoyable. Remember that in many ways the kitchen is the heart and soul of the home, the perfect place for all of your positive energy. And as important as pure water, healthy food choices, and safe cookware are, perhaps the most critical ingredient we can bring into the anti-aging kitchen is a spirit of love and joy.

Here is a small sampling of the best foods to choose when stocking your anti-aging kitchen. *A special note:* Save very sweet fresh fruit for the end of the meal to keep blood sugar levels normal.

Adzuki beans	Cheese (especially Parmigiano-Reggiano and sheep's milk and goat's milk cheeses such as feta and Pecorino Romano)
Alaskan halibut	Cherries
Alaskan salmon	Chervil
Almond butter	Chestnuts
Almonds	Chicken (choose free range, raised without added hormones and antibiotics and never fed animal by-products)
Anasazi	Chickory
Appaloosa	Chickpeas
Apples	Chinese cabbage
Artichokes	Chives
Arugula	Cilantro
Asparagus	Cinnamon
Bamboo shoots	Cloves
Barley	Cod
Basil	Collards
Bean sprouts	Coriander
Berries (blackberries, blueberries, strawberries, etc.)	Cottage cheese
Black-eyed peas	Cranberry
Bok choy	Crawfish
Brazil nuts	Cucumbers
Broccoli	Culinary herbs and spices
Broccoli rabe	Cumin
Broccoli sprouts	Daikon radish
Brussels sprouts	Dairy products (choose organic and low-fat unless from grass-fed animals)
Buckwheat	Dandelion greens
Butter (use in moderation)	
Buttermilk	
Cabbage	
Cannellini	
Cantaloupe and muskmelon	
Cauliflower	
Celeriac	
Celery	
Celery root	

Dill	Great Northern beans
Dungeness crab	Green beans
Eggplant	Green tea
Eggs (choose omega-3 eggs from free-range chicken)	Green, red, yellow, and orange bell peppers
Endive	Hazelnuts
Escarole	Honeydew melon
European soldier beans	Hot peppers (cherry, serrano, jalepeño, etc.)
Farmed clams and mussels (Unlike farmed fish, farmed clams and mussels require no feeding. The culture of these mollusks is very friendly to the surrounding environment, unlike many of the wild mussel and clam fisheries that drag the sea floor to harvest them or destroy their habitat through raking. These mollusks filter-feed on the crystal-clear water, eliminating the need to feed them, and they clean the water in the process.)	Kale
Farmer's cheese	Kefir
Fava	Kidney beans
Fennel	Kohlrabi
Flageolets	Lemons
Ginger root	Lentils (all varieties)
Grapefruit	Lettuce (dark-red and dark- green varieties)
Grass-fed beef, lamb, etc.	Lima (butter) beans
	Limes
	Lupini beans
	Macadamia nuts
	Marjoram
	Milk
	Mint
	Mung beans
	Mushrooms
	Natto (fermented soy product high in bone-building vitamin K ₂)
	Navy beans
	Nutmeg
	Nuts and seed butter (avoid commercial peanut butter)

Oatmeal (slow-cooking)	Scallops
Oats (whole or steel-cut)	Sea vegetables (nori, kelp, arame, dulse, etc.)
Olive oil (extra virgin olive oil is the recommended variety)	Seafood
Olives (black and green)	Sesame seeds
Oranges (temple, mandarin, blood, navel, etc.)	Sesame tahini
Oregano	Shallot
Oysters	Shellfish
Parsley	Shrimp
Pea pods	Snow peas
Peanuts	Soba (buckwheat noodles)
Pears	Sorrel
Peas (split), dried	Soybeans
Pecans	Spinach
Pine nuts	Sprouts
Pineapple	Squash
Pinto beans	String beans
Pistachios	Sunflower seeds
Plums	Swiss chard
Pomegranate	Tangelos
Pumpkin seeds	Tangerines
Quinoa	Thyme
Radicchio	Tofu
Radish	Tomatoes
Red beans	Trout beans
Red kidney beans	Turkey
Rhubarb	Turmeric
Ricotta	Turnips
Romaine lettuce	Walnuts
Rosemary	Water chestnuts
Rutabaga	Watercress
Sage	Watermelon
	Yogurt

And here is a brief sampling of foods that can cause inflammation, thereby accelerating aging. This is because they are either high glycemic (that is, they cause a rise in blood sugar and insulin) or high in saturated fats, which can be pro-inflammatory.

Bacon (except turkey bacon)	Mangoes
Bagels	Margarine
Beer	Molasses
Breads, rolls, baked goods	Muffins
Cake	Noodles
Candy	Pancakes
Cereals (except slow-cooking oatmeal)	Pasta
Chocolate (except extra-dark)	Pastry
Cookies	Pie (commercial)
Corn syrup	Pita bread
Cornbread, corn muffins	Pizza
Cornstarch	Popcorn
Crackers	Potatoes
Fast food	Pudding
Flour	Relish
French fries	Rice
Fried food	Sherbet
Fruit juice	Snack foods (e.g., potato chips, pretzels, corn chips, rice and corn cakes)
Granola	Soda
Honey	Sugar (white and brown)
Hot dogs	Tacos
Ice cream, frozen yogurt, Italian ices	Tortillas
Jam, jelly, preserves	Waffles

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CHAPTER 1

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Resources

To receive updates on the latest health, beauty, and anti-aging news (and more) featured in *Dr. Perricone's 7 Secrets to Health, Beauty, and Longevity*, visit www.perriconesecrets.com.

TOPICAL ANTIOXIDANT, ANTI-AGING, ANTI-INFLAMMATORY SKIN PRODUCTS

- N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York
- Nordstrom
- Sephora
- Select Saks stores
- Select Neiman Marcus stores
- Henri Bendel
- Clyde's, at 926 Madison Avenue at 74th Street, New York, New York
- Select Bloomingdale's stores

Light-Therapy Mask

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com

- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

Electronic Muscle Stimulation Glove

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

PRODUCTS FOR INFLAMMATORY SKIN CONDITIONS, INCLUDING ACNE

Light-Therapy Mask

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

Skin Clear Nutritional Support System

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

Nonchemical Sunscreen for Face and Body: Active Tinted Moisturizer with SPF 15

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York
- Nordstrom
- Sephora
- Select Saks stores
- Select Neiman Marcus stores
- Henri Bendel
- Clyde's, at 926 Madison Avenue at 74th Street, New York, New York
- Select Bloomingdale's stores

LIBIDO, ENERGY, AND WELL-BEING ENHANCERS

Neuropeptide and Pheromone Therapeutic Anti-aging Fragrance

This unique, patented formula combines pheromones with a fragrance rich in therapeutic botanical essences. This results in a therapeutic mood enhancer and libido booster that also can greatly enhance memory and mental clarity, lift depression, increase self-confidence, and increase one's attractiveness to the opposite sex.

Additionally, because the limbic portion of the brain controls autonomous body functions, these fragrances can also lower blood pressure, in-

crease blood flow to the brain (eliminating the confusion that sometimes plagues older people), increase problem-solving skills, reduce levels of the stress hormones cortisol and adrenaline, and actually slow the aging process.

- N.V. Perricone, M.D., Therapeutics, at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

Botanicals to Promote Sexual Health and Libido Enhancement

MacaPure rhodiola, tongkat ali, and other key botanicals have been specially formulated for both men and women under the brand names Hot Plants for Her and Hot Plants for Him by Enzymatic Therapy (www.enzy.com).

MacaPure extract is also available as Better World MacaTru, by Enzymatic Therapy (www.enzy.com).

Tongkat ali is also available in a stand-alone extract as LJ100, available at www.herbalpowers.com.

Rhodiola rosea is also available in a stand-alone extract as Rhodiola Energy, by Enzymatic Therapy (www.enzy.com).

WEIGHT MANAGEMENT SUPPLEMENTS AND BLOOD SUGAR STABILIZERS

Weight Management Supplements

- *Caralluma fimbriata*
- Chromate brand of chromium
- Maitake D-Fraction and SX Fraction Extract
- Conjugated linoleic acid
- Coenzyme Q₁₀
- Carnitine and acetyl-L-carnitine
- Alpha-lipoic acid
- Gamma linoleic acid
- L-glutamine powder

All of the above are available at N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com, and at N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York.

High-Quality Fish Oil Capsules

- N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York
- Vital Choice Seafood, at 800-608-4825 or www.vitalchoice.com
- Optimum Health International at 800-228-1507 or www.opthealth.com

NUTRITIONAL SUPPLEMENTS, MITOCHONDRIAL REJUVENATORS, AND ANTI-AGING, ANTI-INFLAMMATORY SUPPLEMENTS

Skin and total body nutritional supplements, formulated by N.V. Perricone, M.D., are available from

- N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, at 791 Madison Avenue (at 67th Street), New York, New York
- Nordstrom
- Sephora
- Select Saks stores
- Select Neiman Marcus stores
- Henri Bendel
- Clyde's, at 926 Madison Avenue at 74th Street, New York, New York
- Select Bloomingdale's stores

AstaREAL Astaxanthin Supplements

AstaREAL is available from N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com.

Supplements for Bone Health and Cardiovascular Support

Vitamin K₂ and bone solutions are available from

- Advanced Biosolutions, 1-888-887-7498 or www.drsinatra.com
- Jarrow Formulas, www.jarrow.com: Choline-stabilized orthosilicic acid (ch-OSA) and BioSil

Oreganol P73 and Related Products

Oil of oregano is an herbal product that has been used since biblical times. It was widely used in ancient Greece for many medical purposes. Oil of oregano is a potent antiseptic, meaning that it kills germs. Research proves that it is highly effective for killing a wide range of fungi, yeast, and bacteria, including methicillin-resistant *Staphylococcus aureus* and avian flu, as well as parasites and viruses. It is available from North American Herb & Spice, 800-243-5242 or www.oreganol.com.

Recommended Reading

Natural Cures for Killer Germs and *The Cure Is in the Cupboard*

by Dr. Cass Ingram

Available from www.amazon.com

RECOMMENDED FOODS

Wild Salmon and Seafood

You can get wild Alaskan salmon and seafood delivered to your door—Alaskan salmon, scallops, halibut, sablefish, and low-mercury Pacific tuna,

Alaskan salmon sausage and burgers, smoked wild salmon and sablefish, and canned wild salmon, tuna, and sardines—from Vital Choice Seafood. Wild Alaskan salmon has a far healthier fatty acid profile than does farmed salmon. It has much lower levels of saturated and inflammatory omega-6 fats, and a much higher ratio of anti-inflammatory omega-3 fatty acids to omega-6 and saturated fats. Vital Choice Seafood fish are caught at sea, flash-frozen immediately, packed in dry ice, and delivered via air courier at affordable prices. Most Vital Choice Seafood products are certified kosher.

Note: The wild Alaskan salmon and Pacific halibut fisheries are certified sustainable by the Marine Stewardship Council; Alaska's Weathervane Scallop Fishery is governed by state and federal plans that enforce sustainability measures. Vital Choice offers only small, troll-caught, low-mercury albacore tuna.

Contact Vital Choice Seafood at www.vitalchoice.com or 800-608-4825.

Acai—Amazonian Fruit High in Antioxidants

Acai fruit has more antioxidants than wild blueberries, pomegranate, or red wine; it also contains essential omegas (healthy fats), amino acids, calcium, and fiber.

Super Berry Powder with Acai is a berry powder drink containing high amounts of antioxidants and anti-inflammatories. Both qualities maintain cell health, protect from free-radical damage, and provide support to the major organ functions in the body.

- N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd. flagship store, 791 Madison Avenue (at 67th Street), New York, New York
- Nationwide at Whole Foods Market and Wild Oats stores, and at www.sambazon.com: Sambazon brand acai beverages

Avocado

For recipes and health information, visit the Web site of the California Avocado Board, at www.avocado.org.

Beans and Lentils

Westbrae Natural markets certified-organic beans, including rare heirloom varieties, nationwide. www.westbrae.com/products/index.html or call 800-434-4246.

Coconut Oil

Spectrum Organic Products offers coconut oil at www.spectrumorganics.com.

Foods Alive Organic Golden Flax Crackers (Grain Free)

Foods Alive offers organic flax crackers at www.foodsalive.com.

Goji Berry

All goji berry supply worldwide is processed through the Office of the Tibetan Goji Berry Company (866-328-4654 or www.gojiberry.com). This single-source

supply office is an ecological control put in place for botanical conservation purposes and to protect against overharvesting of the limited crop of wild-crafted goji berry.

Grass-Fed Beef

Eatwild.com is your source for safe, healthy, natural, and nutritious grass-fed beef, lamb, goats, bison, poultry, pork, and dairy products. The Web site has three goals:

- To link consumers with reliable suppliers of all-natural, delicious, grass-fed products
- To provide comprehensive, accurate information about the benefits of raising animals on pasture
- To provide a marketplace for farmers who raise their livestock on pasture from birth to market and who actively promote the welfare of their animals and the health of the land

Neff Family Ranch (www.nfrnaturalbeef.com) offers 100% grass-fed beef grazed on organic pasture.

Recommended Reading

Pasture Perfect: The Far-Reaching Benefits of Choosing Meat, Eggs, and Dairy Products from Grass-Fed Animals

By Jo Robinson

Available from www.eatwild.com

The Omnivore's Dilemma

By Michael Pollen

Available at bookstores, www.amazon.com, and www.eatwild.com

Green Foods

Certified organic barley grass and Green Magma powder and supplements are available at natural-food stores, including Whole Foods and Wild Oats. For additional retailers and online retailers, visit www.greenfoods.com.

Green Tea

For high-quality teas (green, white, and black) and tea buds with the highest polyphenol content, contact the Red Blossom Tea Company at 415-395-0868 or www.redblossomtea.com.

Kefir and Yogurt

- Helios Nutrition is a small organic dairy in Sauk Centre, Minnesota, that makes several flavors of organic kefir with added FOS (prebiotic polysaccharide). Locate retail outlets at 888-3-HELIOS or www.heliosnutrition.com/html/where_to_buy.html.
- Stonyfield Farm yogurt is available at many food markets. See the store locator at www.stonyfield.com/storelocator/.

- Horizon Organic yogurt is available at many food markets. See the store locator at www.horizonorganic.com/stores/index.html.
- Diamond Organics sells organic yogurt direct to consumers at www.diamondorganics.com/prod_detail_list/41_161 or 1-888-ORGANIC (888-674-2642).

Organic Berries, Chocolates, Seasonings, Oils, and Teas Delivered to Your Door

Vital Choice Seafood, a purveyor of premium-quality seafood, also offers top-quality certified-organic foods. Go to www.vitalchoice.com or call 800-608-4825.

Organic Fruits and Vegetables Delivered to Your Home

Diamond Organics sells certified-organic berries (in season, May through October) direct to consumers. Go to www.diamondorganics.com or call 888-ORGANIC (888-674-2642).

Organic Markets Nationwide

For fish, meat, poultry, eggs, fruits and vegetables, barley, oats, buckwheat, beans and lentils, hot peppers, nuts, seeds, extra virgin olive oil, herbs, spices, spring water, tea (green, white, and black), nutritional supplements, kefir, yogurt, and more:

- Whole Foods Market has an outstanding choice of natural and organic foods. Go to the company's Web site to find a store near you: www.wholefoods.com.
- Wild Oats is another national chain offering an excellent selection of organic and natural food. To find a store near you, visit www.wildoats.com.

Polysaccharide Peptide Food Products (Anti-inflammatory and Antiaging)

- N.V. Perricone, M.D., Ltd., at 888-823-7837 or www.nvperriconemd.com
- N.V. Perricone, M.D., Ltd., flagship store, at 791 Madison Avenue (at 67th Street), New York, New York

Pistachio Nuts

You can find information about California pistachio nuts at www.everybodysnuts.com and can buy them in grocery stores nationwide.

Pomegranate Juice and Concentrate (Extremely High in Antioxidants)

You can find stores that carry POM Wonderful by calling 310-966-5800 or going to www.pomwonderful.com. The juice and concentrate are also available at supermarkets and natural-food stores.

Pure Spring Water

- Poland Spring brand spring water can be found in grocery stores nationwide.

- FIJI Water, natural artesian water bottled at its source in the Fiji Islands, is available at leading grocery and convenience store chains. FIJI Water is also available for home delivery in the continental United States at www.fijiwater.com.

Sea Vegetables

- Maine Coast Sea Vegetables (www.seaveg.com)
- Eden Foods (www.edenfoods.com)

Sprouts

The International Sprout Growers Association at www.isga-sprouts.org is the professional association of sprout growers and companies that supplies products and services to the sprout industry. Visit the association's Web site for outstanding information, recipes, and health notes.

Turmeric

- New Chapter markets high-potency turmeric extract under the brand name Turmericforce. Go to www.new-chapter.com or call 800-543-7279.
- Most natural-food stores and grocers also carry fresh turmeric root.

RECOMMENDED COOK- AND BAKEWARE

It should come as no surprise that my favorite cook- and bakeware hail from France, one of the countries most famed for superior cuisine. The cookware that you choose is very important to your health as well as to the flavor of your food. Porcelain and enameled cookware will not interact with your food, which is important to know when you are dealing with acidic foods such as vinegar and lemon. As mentioned, avoid nonstick cook- and bakeware. Although the recommended items cost a bit more, proper care will ensure that they last a lifetime—a wise investment that you have to make only once.

Emile Henry Cookware

The Burgundy region in the heart of France is the home of Emile Henry cookware. Since 1850 five generations of the Henry family have been handcrafting this famous line of oven-to-tableware. Emile Henry is the largest manufacturer of pottery in France. Since its cookware was first produced, the major benefits of cooking in oven-to-tableware has been the ability to allow gradual, even heat distribution through the food so that the fibers soften slowly, without toughening. The cookware is available at fine stores such as Williams-Sonoma. For a complete listing of retail and online sellers, visit www.emilehenry.com.

Le Creuset

Le Creuset is the world's leading manufacturer of enameled cast-iron cookware. Like Emile Henry, Le Creuset is as beautiful as it is functional. The only challenge when it comes to shopping for Le Creuset is choosing the color. All

Le Creuset cookware is made from enameled cast iron. Cast iron has been used for cooking utensils since the Middle Ages. The Le Creuset factory is at Fresnoy-le-Grand in northern France.

In 1925, the foundry began producing cast iron by hand-casting molten iron in sand molds—still the most delicate stage of the production process. Even today, after casting, each mold is destroyed and the cookware is polished and sanded by hand, then scrutinized for imperfections. Once declared good for enameling, the items are sprayed with two separate coats of enamel and fired after each process at a temperature of 800° Centigrade. The enamel then becomes extremely hard and durable, making it almost completely resistant to damage during normal use. Since much of the finishing is done by hand, each Le Creuset cast-iron cookware piece is unique.

RECOMMENDED HOUSEHOLD PRODUCTS

Sun & Earth www.sunandearth.com

Seventh Generation

There is an alternative to toxic cleansers and environmentally unfriendly paper and plastic. I recommend Seventh Generation, which offers a complete line of nontoxic household products. All of its products are designed to work as well as their traditional counterparts but use renewable, nontoxic, phosphate-free, and biodegradable ingredients and are never tested on animals. They are as gentle on the planet as they are on people, and they don't create fumes or leave residues that may affect the health of your family or your pets. Seventh Generation products are widely available nationwide. To learn more and find a local or online retailer, visit www.seventhgeneration.com.

HEALTH EDUCATION INFORMATION

These Web sites offer interesting information on the topics of nutrition, natural healing, food, and holistic health:

- For up-to-the-minute scientific news and information on food and nutritional supplements, see www.lef.org.
- For science-based information on food and food-related topics to the media, health and nutrition professionals, educators, and opinion leaders, visit the Web site of the European Food Information Council, a nonprofit organization, at www.eufic.org.
- For information on the glycemic index, see www.glycemicindex.com.
- For excellent information on general health and nutrition, including different types of meat and sugars, see www.mercola.com.
- For information on the cancer-preventing phytonutrients found in fruits and vegetables, visit the Web site of the American Institute for Cancer Research, at www.aicr.org.

- For outstanding information on the benefits of various types of exercise, including detailed information with drawings, visit the Web sites of the President's Council on Physical Fitness (www.fitness.gov) and the National Institute on Aging (www.niapublications.org).

Health Benefits of Olive Oil

Information about the health benefits of olive oil can be found at www.internationaloliveoil.org/oliveworld_mediet.asp.

Nonglycemic Sweeteners

- To learn more about the pros and cons of sweeteners, both natural and chemical, visit www.holisticmed.com/sweet/.
- For information on stevia, visit www.stevia.net.
- For information on ZSweet natural sugar substitute, visit www.zsweet.com.

Soy Foods

For comprehensive information on soy foods, visit www.soyfoods.com.

Seafood Safety

- Union of Concerned Scientists: www.ucsusa.org
- U.S. Food and Drug Administration fish safety Web site: www.cfsan.fda.gov/~frf/sea-mehg.html
- Environmental Protection Agency: www.epa.gov/ost/fish, www.epa.gov/mercury

Anti-aging Exercise for Both Mind and Body

For information and instruction, read *Chi Kung: The Chinese Art of Mastering Energy*, by Yves Réquena, published by Healing Arts Press. It is available from www.innertraditions.com.

T-Tapp

Learn more about T-Tapp, an innovative wellness workout that incorporates many different elements to build balanced muscle tissue along with strength and flexibility, at www.t-tapp.com or read *Fit and Fabulous in 15 Minutes*, by Teresa Tapp, published by Ballantine Books and available at most bookstores.