

THIS IS YOUR DO-OVER

The 7 Secrets
to Losing Weight, Living Longer,
and Getting a Second Chance
at the Life You Want

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with TED SPIKER

Nutrition Facts

Serving Size 1 tbsp (15 mL)

Amount Per Serving

Calories 15 Calories From Fat 10

% Daily Values*

Total Fat 1 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 2 g **1%**

Sugars 0 g

Protein 0 g

Not a significant source of dietary fiber, vitamin A, vitamin C, calcium, and iron.

INGREDIENTS: WATER, CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, AND LESS THAN 2% OF NATURAL & ARTIFICIAL FLAVORS, SODIUM CASEINATE (A MILK DERIVATIVE)** , MALTODEXTRIN, MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, COLOR ADDED, CARAGEENAN, DEXTROSE, SUCRALOSE, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER).

** Not a source of lactose.

Mystery Label Quiz

1. Where did the mystery label come from?
 - a. Non-dairy creamer
 - b. Sugar-free, fat-free frozen yogurt
 - c. Five-hour energy drink
 - d. Household cleaner
2. Which of the following is a marker of “wholesomeness” in this mystery food?
 - a. Zero sugars!
 - b. Each serving is only 15 calories.
 - c. Zero sat fat!
 - d. None.
3. Which of the following is *not* a felon?
 - a. Dextrose
 - b. Corn syrup
 - c. Partially hydrogenated soybean and/or cottonseed oil
 - d. Water
4. Which of these should *not* be a reason to “ban” this food?
 - a. Acesulfame potassium
 - b. Color added
 - c. Zero protein
 - d. Carrageenan

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5. What could be a more healthful substitute for this food?
- a. Almond milk
 - b. Full-fat sugar-sweetened homemade ice cream
 - c. Coffee
 - d. Organic soap

Answers

1: a. Consider the possible alternatives—and then avoid them too, unless you’re cleaning the toilet bowl.

2: d. Yup. Zero sugars and zero sat fat are not indicators that a food has any nutritional value. And although there are very few calories in a single serving, note the serving size: *one tablespoon*. Think about how many servings of creamer you’re likely to use at a time.

3: d. Dextrose is one of those *-oses* to avoid—it’s a simple added sugar. Corn syrup is an added syrup, and partially hydrogenated oils are trans fats. *Even if the Nutrition Facts label says 0g trans fats*. That just means that one serving contains less than 0.5 grams—and when you use more than one serving at a time, that adds up quickly.

4: c. The absence of protein is not an indication that a food is harmful. Acesulfame potassium, like sucralose, is a zero-calorie sweetener. These artificial sweeteners affect your gut bacteria in a way that, over time, appears (ac-

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ording to one study so far) to promote insulin resistance. Added color is a chemical additive, and carrageenan is a thickening compound derived from seaweed that appears to cause inflammation and stomach problems.

5: a. As you learned from question one, this is a nondairy creamer. Try replacing with unsweetened almond milk or soy. Sugar-sweetened homemade ice cream may have the benefit of not containing artificial sweeteners, but any way you scoop it, sugar and sat fat don't do you any good either (they kill you sweetly). Coffee would be a good replacement if this were five-hour energy—but it's not. Please don't eat organic soap.

The Do-Over Quiz: Pass It On

When you took my mini-medical school courses way back at the start of the book, I promised there would be no exam. And there's not, of course, because your exam comes in the form of how you live every day—not in terms of passing or failing, but in another way. Life is multiple choice: In virtually everything you do, you can choose A, B, C, D, or a million more combinations. Whatever you choose will influence how you live, how you feel, and how healthy you are. The point of the book is that you will now have the knowledge and skills to choose the best answers for your body.

Now, though, I want to offer another kind of multiple-choice quiz—not to test your knowledge (okay, maybe to test your knowledge a *little*), but to give you some talking points so that you can do the ultimate good deed. That is, pass along your knowledge and inspiration to others.

So, don't think of the following thirty questions as a test. Think of them as conversation starters, cocktail-party fodder, and nuggets of fun and important information that may just be the thing that people close to you need to hear to inspire them to do their own Do-Over.

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Now that you're well on your way to taking charge of your own Do-Over, you have some of the answers that those around you are seeking for their own health. Some of the questions and answers that follow may be the very place they start.

1. Why is chronic stress so damaging over time?
 - a. It raises my blood sugar and adds layers of dangerous belly fat
 - b. It raises my blood pressure and leads to impotence, wrinkles, and memory loss
 - c. It makes me feel like I want to punch a woolly mammoth right in the nostrils
 - d. All of the above

2. Why is it important to respect the bacteria in your body?
 - a. They outnumber me 10 to 1—not great odds
 - b. If I don't take my 10K steps a day they'll infect me
 - c. If I eat foods like red meat, egg yolks, or diet soda, they produce chemicals that increase inflammation
 - d. It's not important. I sneeze the buggers out.

3. Why is LDL so lousy?
 - a. It patches onto arteries and limits blood flow
 - b. It starts with an L, and “lousy” sounds better than “lewd and lascivious low-density lipoprotein”
 - c. It causes diabetes
 - d. It tastes crummier than HDL

4. Why does your body store fat?
 - a. It's an anatomical winter coat for those living in cold climates

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- b. To keep scale manufacturers in business
 - c. It's saving me that extra slice of pizza for later
 - d. It tried storing protein, but it didn't stick
5. Fill in the blank: Fat partially comes from _____.
- a. Eating fat. Duh.
 - b. Stress (. . . not just stress eating)
 - c. Eating more than three times a day
 - d. All of the above
6. Which of the following has the healthiest fat profile?
- a. A bun-less cheeseburger hiding quietly under a bed of spinach
 - b. A vegetarian whole-wheat pasta dish with Alfredo sauce
 - c. Fresh egg or chicken salad
 - d. Salty olive oil-roasted asparagus
7. What's the best kind of workout you can do for your brain?
- a. The Sunday crossword
 - b. A 30-minute jog
 - c. Resting it by not thinking, preferably in conjunction with a 12-hand Swedish massage
 - d. Mainlining 5-hour energy every hour
8. What is not a benefit of frequent, high-quality sex?
- a. It releases oxytocin that makes you feel connected
 - b. If sufficiently vigorous, it can replace your 10K steps each day

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- c. More and better orgasms = longer life and better health
 - d. It will give you that afterglow
9. Which of the following meals will your body thank you for the most?
- a. A packaged diet bar—artificially sweetened with zero grams sugar, just five grams of saturated fat, vitamins A to Z, and more protein than a steak
 - b. A steak
 - c. Plain lettuce with a few tablespoons of zero-fat salad dressing and a rice cake with vegetable margarine spread for some protein
 - d. A small bowl of greens, beans, and whole brown rice with walnuts, almonds, and olive oil
10. Which of the following *doesn't* stimulate oxytocin release?
- a. Sex
 - b. Being with people you care about
 - c. Holding a baby
 - d. Oxycodone
11. Which of the following *doesn't* cause insulin resistance over time?
- a. Too much sex between lunch and dinner
 - b. Too much time with chronically elevated blood sugars
 - c. Too much time at the local cupcake shop
 - d. Too many deadlines

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12. Which of the following is true of wrinkles?
- They're at least partially a cardiovascular issue
 - They can always be cured with a healthy dose of Botox
 - They're almost always caused by the downward force of gravity
 - You get a wrinkle for every lie you tell
13. Which of the following is *not* a food felon?
- Veggie 100% whole-grain pizza with less than 4g sat fat from cheese
 - Lean turkey cold cuts
 - Roasted Brussels sprouts with pancetta
 - A fruit smoothie made with nonfat frozen yogurt and fruit syrups
14. Buddies are to you, as Rocky is to . . .
- Road
 - Mountains
 - Bullwinkle
 - What in the world are you talking about, doc?
15. What's a tried and true method for finding a passion?
- Google knows everything!
 - Leaping into the unknown and testing something you're curious about, then testing out a second, third, or fourth pursuit.
 - Taking a hike and reflecting for an hour about what you want to do
 - Shrugging off your passion because you're too busy

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16. Which of the following ages your arteries the most?
- Watching comedies on Netflix for eight hours straight, never doing any physical activity, and eating three large bags of chips each night
 - Training for a marathon
 - An LDL (bad) cholesterol of 240 mg/dl (normal up to 100)
 - A pack a day of cigarettes
17. Which of the following is not like the others?
- Veggie lentil soup
 - Oatmeal and berries
 - Dark chocolate
 - Organic grass-fed prime rib
18. Fill in the blank: Type II diabetes is *primarily* the result of _____.
- Type I evolving over time
 - Chronic stress
 - Too many deep-fried Oreos or similar food choices
 - Artery clogging stimulating the release of insulin
19. Fill in the blank: Artificial zero calorie sweeteners _____.
- Are the Almighty's gift to mankind
 - Settle in your kidney and cause kidney stones
 - Promote insulin resistance and, eventually, diabetes
 - Reduce insulin resistance, and can heal diabetes

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20. Which of the following is *not* true about blood pressure?
- a. It can rise or drop depending on your level of hunger
 - b. It's like pheromones—it sends out vibes that help you attract a mate
 - c. It's less dependent in the long run on salt than on blood sugar
 - d. It may be affected by lack of sleep
21. Which of these is not true about inflammation?
- a. It's always painful and only happens from injury or infection
 - b. It's caused by cheeseburgers and caramel frappuccinos
 - c. It decreases the likelihood you'll be having sex into your eighties
 - d. More belly fat = more inflammation
22. Fill in the blank: Acute inflammation can work through _____.
- a. Deploying T cells to obliterate invading threats like viruses or bacteria
 - b. Disorienting you and causing you to lose your bearings
 - c. Switching the seat heater button in your console
 - d. Giving you high lousy LDL cholesterol
23. Eating bacon several times a week is most liable to do which of the following?
- a. Cause inflammation
 - b. Contribute to obesity

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- c. Changes the bacteria in a vegetarian's gut within one week
 - d. All of the above
24. What is the reason why most people choose to avoid gluten?
- a. It's fattening and, like other felons, causes bad belly fat
 - b. They have an allergy or intolerance to it
 - c. Gluten-free eating is the George Clooney of diets
 - d. They're trying to firm up their glutes
25. Rank the sugar content of the following, from lowest to highest:
- I. Three Oreos
 - II. A $\frac{1}{4}$ cup of dried cranberries (Craisins)
 - III. A cup of raisin bran
 - IV. A cup of fat-free strawberry yogurt
- a. I < II < III < IV
 - b. II < III < IV < I
 - c. II < IV < III < I
 - d. IV < III < II < I
26. Fill in the blank: Sex is important because _____.
- a. It induces insulin release, which lowers your risk for diabetes
 - b. Is this an actual question?
 - c. It helps you live longer and healthier, as long as it is mutually monogamous
 - d. Sex is to physical activity as kale smoothies are to nutrition

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27. Which of these could count toward your daily 10K steps?
- a. Sudsing up in the shower
 - b. Intervals of brisk finger contractions when changing channels with the remote
 - c. Meditating
 - d. Kayaking
28. Which of the following could be an example of an addiction?
- a. A student who regularly skips class to play video games morning, noon, and night, who also enjoys his social life, crams before exams and manages to scrape by with almost all A's
 - b. An athlete who works out every day up to three times a day until she is injured, who then takes breaks from her training to recover fully
 - c. A professional who has trouble sleeping and takes sleep medications at night (and who is now incapable of sleeping without it) and notices that he has started sleep-eating
 - d. A married couple that gambles once a month to celebrate paychecks increases its visits to twice a month after the last win, then returns to the regular monthly practice the month after
29. How is addiction *different* from a bad habit?
- a. *Habit* is just a nice code word for addiction
 - b. Addictions create circuitry that rewards your addictive behavior
 - c. You need less and less to get the same high

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d. It causes you to eat cold turkey the day after Thanksgiving

30. What is the best way to celebrate your Do-Over?

- a. Pizza (made with whole-wheat crust and lots of veggies and no processed meats)!
- b. Call your buddy to thank her
- c. Going for a walk
- d. Finding someone you care about who you can help by passing along your wisdom, your motivation, your energy—and be a buddy to that person
- e. All of the above

Answers

1: d. The body's stress response—cultivated over evolutionary time in response to life-threatening aggressors like grumpy woolly mammoths—causes elevated blood sugar, heart rate, and blood pressure. It is a fight-or-flight response designed to enable you to escape impending danger—but if it's chronic, high sugars create their own danger: belly fat and, along with high BP, damage to your arteries. We do recommend learning how to manage chronic stress because punching your boss (today's version of the woolly mammoth) may not be as beneficial as it was when tusked beasts really were our biggest threat.

2: c. Most of your 100 trillion bacteria live in your gut where they help you to metabolize food. Red meat and

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egg yolks cause some of those bacteria to produce chemicals that cause major inflammation; likewise, zero-calorie sweeteners change bacteria behavior to promote insulin resistance.

3: a. Too much low-density lipoprotein (LDL) cholesterol creates patches as part of the repair process for the nicks in your artery walls. Those patches are less carefully made with higher LDL, which leads to more inflammation and larger cells and plaque in your arterial wall, less blood flow . . . which is to say, high LDLs can lead to heart attacks, stroke, impotence, and wrinkles. (Not diabetes, though!)

4: c. Even though fat can provide insulation, that's not the primary reason that we store it. When you eat more than your body needs to fuel itself—whether it's too much pizza or too many rice cakes (. . . many, many, many rice cakes)—your body shuttles those extra calories away and stores them as fat. Evolutionarily speaking, fat is a type of security blanket to make sure you have energy reserves to keep you alive in prolonged times of hunger. Evolution didn't understand that there would one day be a 7-Eleven and/or Starbucks and/or McDonalds on every other corner.

5: b. When you get down to it, eating more than you need gives you fat—but that's just one piece of the puzzle. Chronic stress elevates your circulating blood sugar, which can then be stored as belly fat. All fats—unsaturated, saturated, or trans—have the same caloric content, so eating

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fat alone doesn't make you fat. (However, the danger of saturated and trans fats [unlike unsaturated] is that they do not raise and may lower leptin, the hormone that turns off appetite, which makes it easier to overeat.)

6: d. Red meat, cheesy Alfredo sauce, and mayo found in egg and chicken salad are most often chock full o' saturated fats. Olive oil has some sat fats too, but unlike the others, it has a very high ratio of unsaturated fats to saturated fats—and those are the kind that you want in your diet.

7: b. Although the Sunday crossword is still a great way to increase the connectivity and strength of brain pathways, it's no match for regular aerobic exercise, which promotes BDNF (brain-derived neurotrophic growth factor), a type of Miracle-Gro that allows you to generate more powerful connections and cells in your brain's key memory area, your hippocampus.

8: b. Unfortunately, even vigorous, chandelier-swinging sex cannot fully replace those ten thousand steps—however, increased frequency of sex for men and higher quality of sex for women are linked to greater longevity and health, respectively. Another way to describe that afterglow is the oxytocin release that has you feeling happy, motivated, and connected to your partner during and after sex.

9: d. When you eat a meal you should not have to deny yourself (as in example C—lettuce and some rice cakes,

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plus felonious trans fatty margarine spread is not a meal). Steak is of course full of harmful carnitine and sat fats, and the diet bar is full of artificial sweeteners, sat fat, and most likely won't be that fun to eat anyway.

Greens, beans, walnuts, almonds, olive oil, and whole grain rice in small portions give your body what it needs for energy, rebuilding key tissues, reducing insulin resistance, and lengthening your stem cell telomeres. Plus, if spiced right, it just happens to taste fabulous.

10: d. Oxycodone, an opiate drug, does not stimulate oxytocin, the so-called mothering hormone. Oxytocin is released in a range of contexts where you are building a bond with someone, whether you're holding a baby, connecting with people you care about, or having sex with your partner.

11: a. As you know, stress, high blood sugars, and diets full of food felons promote insulin resistance—even if those cupcakes are sugar-free with artificial sweeteners.

12: a. Wrinkles are in fact often a cardiovascular issue—that result from blockages in certain arteries. Wrinkles on your face or arms or legs can have the same fundamental cause as a heart attack, a stroke, or a lack of blood flow to your sex organs: a blocked artery. Lack of blood flow causes loss of key supporting tissues that leads to wrinkling. While some wrinkles are caused by gravity and some are genetic, and can be treated (not cured) by Botox, they can't all be cured with an injection.

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13: a. It's true—as long as the amount of pizza you're eating has fewer than 4g of sat fat, fewer than 4g of added sugars, and ideally is 100% whole grain; it is a wholesome, delicious meal. Turkey cold cuts, although they have lots of protein and no sat fats, is highly processed—and usually has harmful chemicals called nitrates. Pancetta is a fancy word for bacon (you already know the deal), and fruit smoothies that have added syrups and frozen yogurt are packed with added sugars—stick to smoothies with pure fruit and unsweetened almond or soy milk.

14: c. Yes, like Rocky and Bullwinkle, your buddy is your partner, your friend, your Batman (and your Robin) in realizing your Do-Over.

15: b. Anyone with a calendar—I'm talking the president, the ruler of the world, the parent of twelve, the CEO of a major company, folks juggling multiple jobs—can schedule a little bit of time to pursue his or her passions. Make it important to you—and you'll get more out than you put in. So B is the correct answer, unless taking a hike is your passion!

16: a. The aging your body has from sitting or lying on a couch eating chips for entertainment just is not overcome by your laughter; believe it or not, poor food choices and lack of physical activity age you more than even a pack of cigarettes every day—although that alone makes you at least ten years older.

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17: d. As you may have guessed, prime rib—even the organic, grass-fed variety—is bursting with felonious carnitine (meat protein) and saturated fats. The others are felon-free: lentil soup is rich in protein and fiber, as is oatmeal, and dark chocolate has healthy polyphenols with youth-giving benefits. So the bottom line: adjust your tastes to avoid milk with fat, egg yolks, red and processed meats. This underscores the importance of adjusting your taste buds.

18: c. Type II diabetes can develop in a few ways, but often happens when your blood sugars are chronically elevated to a level so high that the insulin your pancreas pumps out just can't keep up—or you can also become resistant to insulin. While chronic stress is a contributor (as it also causes raised blood sugars), being overweight and a diet that gives you chronically high blood sugar are core culprits for developing the disease. By the way, if Oreos are not deep fried, the simple sugars cause the same damage, so don't reach for them either.

19: c. Artificial sweeteners may be just as damaging as other things that are known to put your body's chemical systems in a malfunctioning mode. Regular sugared beverages aren't good for you either, unless you have a wish for a slow suicide by inflammation. Try water, black coffee, or alcohol.

20: b. The fact that salt lacks big-league effects on BP (for most people without salt-sensitive hypertension) doesn't

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mean you can eat processed foods (in particular, processed or smoked meats) that happen to be high in salt. They are still high in other chemicals (like carnitine in red meat) that cause inflammation and considerable arterial disease. But, yes, BP has nothing to do with chemical attraction between two people, unless you meet your significant other at the BP cuff—and we haven't any reports of that.

21: a. The reason why inflammation is so tricky is that you usually can't feel it. When you are thirty-two, you may not care about having sex in your eighties, but not caring will affect you at ages fifty-eight and eighty-five. Sex is still great then. You can thank me later.

22: a. In theory, inflammation is a good thing—because that's the process by which immune cells work to heal your body when threatened by injury and other invaders. The problem is, when inflammation is chronic (say when your body is trying to fight fat or cupcake overdoses or long-term stress), those systems go haywire and cause all kinds of bad effects in your body.

23: d. Red meat, meaning meat from four-legged animals, does all of those bad things. That may be why a friend in urology has dubbed the bacon-topped burger the “erectile dysfunctionator.”

24: b. Gluten is a protein found in wheat, rye, and barley flours (as well as triticale and spelt). Some people suffer

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from an autoimmune disease (Celiac) that is exacerbated by gluten, while others have more or less severe intolerances. Gluten may have some inflammatory properties, but unless you truly have celiac disease, or are allergic to it (a few tests will help let you know), you don't need to completely avoid gluten.

25: a. Yup, it's true: three Oreos contain less sugar (14g) than any other option here—and that doesn't mean you should eat them! Beware of sugar-dense foods like dried fruit (Craisins have 18g sugar per quarter cup), cereals (Post Raisin Bran has 20g per cup), and flavored yogurts (Chobani's strawberry Greek yogurt and comparable brands have about 23g sugar per cup). To put this in context, a dry $\frac{1}{2}$ cup of plain whole rolled oats for oatmeal has 1g of sugar, versus a tall Starbucks Frappuccino, which has 32g. Try kissing your significant other instead of choosing any of these—much sweeter anyway.

26: c. Multiple studies from Great Britain and the US National Social Life, Health, and Aging Project show strong correlations between mutually monogamous sex and longevity . . . from better quality orgasms for women and more orgasm frequency for men.

27: d. Any form of active physical movement that's a bit more strenuous than using the remote control or taking a bath can count toward your 10K a day. Kayaking (as long as you're actually paddling!) is one great activity of many.

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28: c. Remember, an addiction is not a habit. And as long as an unhealthy habit can be controlled or curtailed, it's not an addiction. So, for something to really be considered an addiction, there have to be adverse consequences, as well as an increased tolerance to the substance or behavior, which is the case of the professional who starts sleep-eating.

29: b. You need more and more of the addictive substance or behavior to get the same effect—and you continue to do it despite more adverse consequences. The latter creates circuitry in your brain, so that it becomes easier to choose the addiction, just as it is easier to play “Chopsticks” the more you do it. To break the addiction you need to prune the circuit, which takes more time than eating a turkey, even a one-day-old cold turkey. So, cold turkey doesn't work as well as building up an alternative behavior in place of the addictive habit over many months.

30: e. But you already knew that.