

10 INSTANT YOUTH-BUILDING SECRETS

TABLE OF CONTENTS

Ponce de Leon Never Found It...But You Can	3
Secret #1: Eat a nutritious, well-balanced diet	3
➤ Focus on wholesome fresh vegetables and fruits	3
➤ Increase your daily fiber	4
➤ Look for low fat, high quality, lean protein	5
➤ Try gut-friendly fermented foods	5
Secret #2: Avoid processed sugar	6
Secret #3 Take targeted antioxidant supplements	6
➤ Start with a high-potency multi-vitamin	7
➤ Add the breakthrough antioxidant Ecklonia cava	7
Secret #4: Drink plenty of pure, clean water	8
➤ How much is enough?	8
➤ Be wary of your water sources	8
Secret #5: Get moving with regular exercise	10
➤ The little-known, big-impact exercise benefit	10
➤ Keep it simple and make it fun	10
Secret #6 Sleep tight each night	10
Secret #7 Brighten a dull, dry complexion	11
Secret #8 Take years off your face with two topical remedies	12
➤ Alpha Lipoic Acid	12
➤ Retinol	12
Secret #9 Laugh More	12
Secret #10 Think young to feel young	14

PONCE DE LEON NEVER FOUND IT...BUT YOU CAN

Spanish explorer Ponce de Leon made a legend of himself searching for the elusive “Fountain of Youth.” This magical source of water was said to be on Bimini Island in the Bahamas, and supposedly anyone who drank from it would never grow old.

Although Ponce’s search was in vain, he began what has become an eternal quest for the antidote to aging. Certainly, there is no way to stop the aging process completely, but nature and science have both provided proven tools to help keep you looking and feeling younger, stronger, and better.

Some of these involve important lifestyle choices, like eating a healthy diet, exercising regularly, and getting plenty of restorative rest. They’re all common sense measures, but are often ignored. After all, unhealthy habits built over a lifetime can be hard to change.

But, knowing how even the smallest steps in the right direction can impact your overall wellness and long-term vitality is tremendously empowering. (Details ahead!) Pick one or two and make them a priority. Feel the instant health-enhancing difference they make in your life and use that success to motivate further lifestyle changes. Soon, you’ll discover a whole new healthier, happier, more youthful you.

In addition, there are other little-known, but incredibly powerful, youth-boosting secrets you can use to keep your body, mind and spirit resilient to aging. Use these with your lifestyle improvements and it will be the next best thing to drinking directly from the Bimini Fountain of Youth!

Secret #1: Eat a nutritious, well-balanced diet

Okay, you’ve heard this one many times before, but it bears repeating because it’s just THAT important. Food is the fuel you give to your body. A diet loaded with fat, sodium, sugar, preservatives and other chemicals will not only prevent your body’s cells, organs and systems from functioning optimally, it will also make them extremely vulnerable to free-radical damage—*the number one cause of age-related decline*.

You don’t have to completely change the way you eat overnight. Make improvements gradually so you can stick with them. Don’t think of this as “going on a diet,” but rather committing to a new way of eating. And the best way to do this is to start with the changes that can have the biggest impact.

Focus on wholesome fresh vegetables and fruits

These plant foods are low in fat and contain a wealth of vitamins, minerals, essential fatty

acids, and important protective phytochemicals. These nutrients nourish your body and bolster its antioxidant defenses against free-radical damage.

- **Berries** – These tiny fruits are full of fiber in addition to their bountiful antioxidants. Blueberries, raspberries, blackberries, and strawberries are rich in targeted antioxidants and natural compounds, which have been shown to help protect against cancer.
- **Broccoli, Cabbage, Cauliflower, and Brussels sprouts** – These cruciferous vegetables contain a compound called indole-3-carbinol (I3C), which is a powerful antioxidant that breaks down estrogen in the body and helps reduce the risk of estrogen-related cancers, including those of the breast, ovaries and cervix.
- **Carrots** – They're not just for your snowman's nose. Carrots are brimming with betacarotene, which is a part of the healthful carotenoid family. This antioxidant nutrient is also found in beets, sweet potatoes, and other yellow-orange vegetables, and has been shown to protect against cancer, heart disease, and the progression of arthritis.
- **Red Grapes** – These wonderful, juicy fruits are packed with resveratrol and quercetin, two potent antioxidants known to boost heart health, improve cardiovascular function, protect against cancer, and reduce the risk of inflammatory diseases.
- **Spinach** – Popeye was on to something with this famous veggie. It is high in the antioxidant lutein, which has been shown to support macular health and strong vision.
- **Tomatoes** – Whether topping your salad or creating the sauce for your favorite Italian meal, this versatile food will deliver healthy amounts of lycopene, which is a relatively rare carotenoid that has been found to protect against prostate, lung, colon, and breast cancers. Tomatoes also contain glutathione, which helps boost immune function.

Increase your daily fiber

Americans should eat 25-30 grams of fiber a day, but most consume only about 12-17 grams per day. Aim to increase your daily fiber intake by eating more vegetables, fruit, legumes, and whole grain foods.

These foods provide both insoluble fiber, which is important for ushering toxins from your body, and soluble fiber, which nourishes and strengthens your colon.

A high-fiber diet has numerous proven benefits, including normalizing bowel movements, enhancing bowel integrity, lowering blood cholesterol levels, protecting against hypertension and other coronary heart disease risk factors, helping to control blood sugar levels, aiding in weight loss, and even protecting against certain cancers.^{i ii}

Some good sources of dietary fiber are:

Soluble Fiber

- Oatmeal, oat bran
- Nuts and seeds
- Legumes
- Beans
- Dried peas
- Lentils
- Apples
- Pears
- Strawberries
- Blueberries

Insoluble Fiber

- Whole wheat bread
- Barley
- Couscous
- Brown rice
- Bulgur
- Whole grain breakfast cereals
- Wheat bran
- Seeds
- Carrots
- Cucumbers
- Zucchini
- Celery
- Tomatoes

Look for low fat, high quality, lean protein

Dietary protein is necessary to build strong muscles, boost your immune system, and fuel your cells, but it's important to eat the right kind of protein. That means lean protein rather than protein heavy in saturated fat.

Excellent lean protein sources are fish, poultry, egg whites, nonfat yogurt, beans, and grains. Try to eat coldwater fish, such as salmon, mackerel, herring, and cod 2-3 times a week and avoid the saturated fat in red meat.

Try gut-friendly fermented foods

One of the best diet secrets for keeping your immune system strong so you can stay healthy and vibrant is to eat fermented foods, like live-culture yogurt and sauerkraut. These foods contribute a wealth of healthy bacteria, or “probiotics,” to your gut, which not only enhances the environment and function of your bowels, but also helps limit the toxic bacteria that want to take up residence there.

With a healthy balance of bacteria in your digestive tract, your body will be better able to absorb essential nutrients from the foods you eat and supplements you take. The probiotics also work hard to support the health of the mucosal lining in your gut, which helps block digestive toxins from being reabsorbed back into your body. In this way, probiotics are a major supporter of healthy immune system function.

If fermented foods and yogurt aren't your favorite diet choices, consider supplementing with a quality probiotic, such as Essential Flora-7 from MarineD3.com (877-436-3824). This probiotic formula includes different strains of healthy bacteria for superior support and delivers incredible live probiotics to your bowels with every dose.

Secret #2: **Avoid processed sugar**

If you're looking for one "instant impact" change that can vastly improve your health and well-being this is it. The average American consumes 20.5 teaspoons per day of added sugar, or sugar that's not naturally occurring in the foods they eat. That adds up to 68.5 pounds of sugar per person per year!

Processed sugar is a sneaky and staggering health-stealer. It's hidden in nearly all processed foods and it's disastrous for your body in a number of ways. In addition to playing havoc with your blood sugar levels and insulin function, excess sugar contributes to weight gain, depletes your adrenal glands, and burdens your immune system. It has actually been shown to slow down the mobility of white blood cells and reduce the production of certain disease-fighting hormones.ⁱⁱⁱ

Additionally, excess sugar binds to protein, which results in damage to the elastin and collagen in your skin. So that box of cookies, extra muffin, or large mocha latte with whip will not only add inches to your waistline, but also add years to the look of your skin.

Sticking with wholesome, fresh foods will go a long way in reducing your processed sugar intake. Also, read food labels carefully when you're grocery shopping. If sucrose, dextrose, fructose, lactose, barley malt, rice syrup, corn syrup, sorbitol, or fruit juice concentrates show up in a top spot on a food's ingredient list, don't put it in your cart. Especially steer clear of high fructose corn syrup. This chemically-altered sugar actually disrupts your body's natural ability to tell when you're satisfied and should stop eating!^{iv}

But, if you have an insatiable sweet tooth, satisfy it with either Stevia or Xylitol. These healthy, natural sweeteners do not wreak havoc on your blood sugar levels, like processed sugar can, and they even have certain health benefits!

Stevia has been found to retard the growth of dental plaque, inhibit the growth of Candida (the yeast that's behind most yeast infections), and actually help to regulate blood sugar levels. You'll find it sold under the brand name "Truvia," and is widely available in grocery stores and online.

Research indicates that Xylitol can help prevent tooth decay and even reduce the incidence of ear infections in children. It does this by impairing bacteria's ability to adhere to surfaces, which makes them less virulent and decreases their numbers. Xylitol powder can be used as a direct substitute for sugar in all types of cooking and baking. It measures like sugar, and it's practically as sweet as sugar. Xylitol is available through health food stores and numerous online retailers.

Secret #3: **Take targeted antioxidant supplements**

Eating a wholesome, well-balanced diet is a great start for powering up your body with the

nutrients it needs to look and feel young and vibrant. But, you can super-charge this effort with targeted antioxidant supplements.

Remember, growing research confirms that free-radical damage is at the root of age-related decline. And antioxidant nutrients work to reduce the oxidation that produces free radicals as well as to neutralize free radicals that are formed from the oxidation process. This makes antioxidants one of your most powerful weapons in the fight against time.

As we age, our stores of naturally-produced antioxidants decline, so it's critical to replenish these nutrients on a daily basis.

Start with a high-potency multi-vitamin

Certain vitamins are true antioxidant stars, including vitamins A, C, D, and E. They will protect your body at the cellular level from free-radical damage. The easiest way to ensure you're getting adequate amounts of each is to take a high-potency multi-vitamin.

There are numerous quality choices on the market today, but make sure the one you choose has at least these amounts:

- Vitamin A – 10,000 IU
- Vitamin C – 500 mg
- Vitamin D – 800 IU*
- Vitamin E – 400 IU

*While 800 IU of vitamin D in your daily multivitamin is a good start, you may want to consider increasing your intake of this high-powered vitamin—up to 5,000 IU per day. It's an incredibly versatile nutrient, and growing research indicates that it contributes to an astounding number of health benefits, from bone building to immune system strength, and more.

Add the breakthrough antioxidant *Ecklonia cava*

In addition to your daily multi-nutrient, consider adding the new antioxidant blockbuster, *Ecklonia cava*, to your supplement regimen. An extract from this rare red-brown alga, called Seanol, has been the subject of extensive scientific research confirming its astounding antioxidant abilities.

Seanol's unique molecular structure is much larger and more complex than other antioxidants, making it better able to trap and neutralize harmful free radicals. It's also fat-soluble, meaning it can penetrate cell membranes to protect the critical energy-producing mitochondria and the vital nucleic DNA of your cells. Finally, this amazing nutrient stays active in your body longer than antioxidants that are water-soluble only (which most are), providing more hours of antioxidant protection.

There are a number of Seanol products available, but only one—Marine-D3 from Marine Essentials, 877-436-3824—features "Seanol-P," a highly purified form of Seanol that is 7.7 times more potent than any other form.

Secret #4:

Drink plenty of pure, clean water

Keeping your body hydrated is such a basic step for good health and vitality that it's often overlooked, which is a big mistake. Your total body weight is almost 57 percent water, and every one of your bodily systems depends on the movement of water through your cells, tissues, and organs. For instance, your body needs water to transport nutrients and oxygen to all your organs, and to carry waste material out. It also hydrates and protects your joints and helps regulate your body temperature.

How much is enough?

Experts agree that you should get a *minimum* of eight 8-ounce glasses of pure, clean water each day, and more when you exercise, drink alcoholic or caffeinated beverages, or are under the weather. Unfortunately, most people drink far less.

If your water consumption doesn't measure up, you could become chronically dehydrated. Some signs of mild dehydration include chronic joint and muscle pain, lower back pain, headaches, constipation, and urine with a strong color or odor. And, dehydration begins long before you feel thirsty, so don't depend on thirst to guide your water drinking habits.

Try keeping track of just how much water you do (or don't) consume for a few days. It can be a real eye-opener and can motivate you to make positive changes in your water drinking habits.

Be wary of your water sources

Drinking enough water is one part of the equation, and finding a reliable source of truly pure water is the other. Unfortunately, this can sometimes be a challenge. Even water regulated by the Environmental Protection Agency (EPA) may contain specified amounts of lead, arsenic, mercury, radioactive particles, and other unwanted toxins.

Fear of toxins in tap water has prompted many people to turn to bottled water instead. And, although companies selling this water advertise its purity and convenience, it may not be much better than tap water. One FDA survey of 52 bottled water brands found that almost one-third were tainted with unhealthy bacteria.

Also, many plastic water bottles contain Bisphenol A (BPA), a chemical that can leach out of the plastic and into the water inside. This chemical has been shown to mimic estrogen and disrupt the body's endocrine system.

A safer option is to use a high quality water filter or water distiller in your home and carry this clean water with you in a personal stainless steel bottle when you're on-the-go.

Secret #5:

Get moving with regular exercise

Regular exercise is a known health booster. It works to increase circulation and nutrient flow throughout your body. It ramps up metabolism, enhances muscle tone, decreases body fat, promotes weight loss, reduces stress, improves mood, helps with natural detoxification, and even supports a healthy sex drive.

The little-known, big-impact exercise benefit

But, the benefits of exercise don't stop there. Exercise has also been shown to directly impact your immune system to keep minor illnesses at bay and even protect against chronic disease. Without at doubt, this is a youth-boosting secret to tap into because nothing will zap your energy faster than a bout of cold or flu, and nothing will drain your vigor more thoroughly than dealing with a chronic illness.

In one study of almost 550 healthy adults between the ages of 20 and 70, researchers found that those who were moderately active had approximately a 20 percent lower risk of upper respiratory infections compared to those who were inactive.^{v vi}

Other research data from three randomized studies revealed that near-daily physical activity reduced the number of days with sickness. In fact, the fitness enthusiasts in the studies reported about half the number of days with cold symptoms than did the sedentary controls.^{vii viii ix}

Even better, regular physical activity has been shown to help protect against heart disease, high blood pressure, high cholesterol, stroke, insulin resistance, diabetes, osteoporosis, and certain types of cancer.

In fact, a long-term study of over ten thousand Harvard University men showed that those who participated in moderately physical exercise experienced a 41 percent lower risk of death from heart disease and a 23 percent lower risk of death from all other causes!

Keep it simple and make it fun

It's important to note that these studies showed remarkable health benefits from "moderate activity." That means you don't have to become a competitive athlete to reap the benefits of exercise. Getting at least 30 minutes of moderate physical activity five times a week will do the trick, and this includes things like walking the dog.

Schedule time for your exercise rather than hoping to "squeeze it in" during the day. And pick activities that you enjoy so you'll be more likely to stick with it. Exercising with a friend is a wonderful way to stay fit and have fun at the same time.

Secret #6: Sleep tight each night

When you sleep, your body not only rests, but also rejuvenates. People often mention getting their “beauty sleep,” and this isn’t far off track. Without adequate rest—estimated to be a solid 8 hours of sleep a night—your body cannot keep up with the demands of the day, and this will show not only in your energy level and mood, but also, quite literally, on your face.

Remember the puffy skin, blurry eyes, and sallow complexion staring at you in the mirror after a night of inadequate or fitful sleep? They are all certain signs that your body wasn’t able to do the repair work it needed to do.

In fact, research confirms that there are certain beneficial hormones that your body releases only when you’re asleep, including human growth hormone (HGH), which boosts muscle mass and helps with cellular repair.

Unfortunately, the National Sleep Foundation found that 76% of all Americans have trouble falling asleep.^x Others can get to sleep, but find themselves waking in the middle of the night and not being able to fall back asleep. This same poll found that the number of people who say they’re getting eight hours of sleep on a regular basis has decreased, from 38 percent in 2001 to 28 percent today.

To get the restorative rest you need, follow these “good sleep tips” provided by the National Sleep Foundation:

- Maintain a standard, relaxing bedtime routine
- Stick to regular sleep times
- Keep bedrooms dark, cool, and quiet
- Make sure pillows, mattresses, and bedding are comfortable
- Exercise regularly, but stop at least three hours before bedtime
- Avoid caffeinated beverages (and for adults, alcohol) at least eight hours before turning in
- Keep work, computers, and TVs out of bedrooms

You can also consider supplementing with several proven sleep-enhancing supplements including melatonin, 5-HTP, and theanine:

Melatonin—This natural hormone is produced in the brain’s pineal gland and helps control your body’s natural sleep-wake cycles. Total darkness signals the release of melatonin, so sleeping with no lights or televisions and computer screens on will help boost your body’s natural production. You should also be aware that certain medications can block the production of melatonin, including aspirin, ibuprofen, beta blockers, calcium channel blockers, and, ironically, certain sleep aids and anti-anxiety drugs.

A number of foods can naturally boost your melatonin production, such as bananas, ginger, rice and corn. Eating these foods about an hour before bedtime could help you get to sleep faster.

Melatonin supplements are widely available and you should follow labeled instructions when taking them. Do remember, however, that melatonin is a powerful hormone that affects numerous body processes. So take it only to re-establish your healthy sleep cycle and not on a continuous basis.

5-HTP—This is an amino acid and a natural precursor to the important brain chemical, serotonin. Abundant scientific research indicates that low serotonin levels—often caused by the stress of modern-day living—can contribute to a variety of problems, including headaches, depression, sugar cravings, muscle aches, and insomnia. By supplementing with 5-HTP, you can effectively boost your serotonin levels and help mitigate these sleep-disrupting symptoms.

Theanine—This is one of the chemicals found in green tea and has been found to have a safe, natural, calming effect. Although it won't directly affect your sleep, like melatonin and 5-HTP can, theanine can help relieve anxiety and stress throughout the day so that you can sleep better at night.

It is thought that theanine stimulates the brain's production of alpha waves, which helps the body to relax without becoming drowsy. Theanine can also help your body produce certain amino acids known for their soothing properties, such as dopamine, GABA, and tryptophan. You can get theanine by drinking green tea, or can take it as a nutritional supplement. The usual recommended dose is 200 mg and its relaxing effects can be noticed within 30 minutes and last up to four hours.

Secret #7:

Brighten a dull, dry complexion

As the years pass, your carefree, youthful complexion can start getting dull, dry and just plain old-looking. That's because the natural oils and antioxidant defenses that keep the skin hydrated, healthy and luminous tend to decline with time.

One simple way to bring back that bright, youthful glow is to cleanse your skin daily. Ridding your face of the dead skin cells that accumulate on the surface will help put an end to the dreaded dull complexion. It will also make your face a fresh slate for moisturizers and antiaging creams you're using so they can work efficiently. In addition, cleansing will sweep away the dirt and oil that can react with free radicals in the environment and further age your skin.

Gentle exfoliation is also critical for keeping young-looking skin. Elizabeth Tanzi, M.D., codirector of the Washington Institute of Dermatologic Laser Surgery in Washington, D.C. gives these guidelines:

- For sensitive skin, rub a wet washcloth over your face in a circular motion for a minute or two a couple times a week.
- For normal skin use an exfoliator with glycolic acid up to three times a week.
- For oily skin use an exfoliator with glycolic acid on a daily basis.

And don't forget to follow your cleansing with a quality moisturizer. If you have seriously dry skin, or for anyone during the dry winter months, Dr. Tanzi suggests considering a moisturizer with shea butter, petrolatum or dimethicone for super hydration and to help give you that dewy, youthful glow.

Secret #8:

Take years off your face with two topical remedies

Of course you always want to put your best face forward, but that can be hard to do after years of over-sunning and under-pampering. Fine lines, wrinkles, brown spots, and sagging are all proof positive that we've overdone it to the skin on our face.

Happily, all the youth-boosting secrets above will also work wonders on the health and beauty of your skin. But if you want faster, more dramatic results, consider two topic treatments that can help reduce wrinkles, enhance firmness, smooth the complexion, and improve the health of your skin.

Alpha Lipoic Acid

You know that antioxidants can help protect and preserve your youthful good health from the inside out, but certain ones can also work from the outside in! One of these is alpha lipoic acid (ALA). Like the super-antioxidant, Seanol, ALA is both fat- and water-soluble, making it extremely versatile. When used as a topical treatment, it helps to maintain the integrity of the skin by protecting and repairing skin cell membranes and by supporting healthy collagen.

One of the leading experts on ALA is Nicholas Perricone, a board-certified clinical and research dermatologist, and author of the popular books, *The Wrinkle Cure* and *Ageless Face, Ageless Mind*. In one of his studies, high potency ALA reduced mild-to-moderate wrinkles by almost 50 percent and almost completely eliminated fine lines. In another study ALA improved the appearance of certain types of scars.

One of beauties of ALA is that it can produce results without being irritating like hydroxy acids and other more well-known wrinkle-fighters. This makes it especially useful for delicate skin, like that surrounding your eyes.

Retinol

The second anti-aging topical treatment to consider is retinol, which is a form of vitamin A. This vitamin can be broken down into smaller parts, such as retinoic acid, which is the active

ingredient in some anti-aging skin care products. Retinoic acid is considered a synthetic derivative of vitamin A, since it doesn't occur naturally.

Retinol has one particular quality that makes it an exceptional substance for skin care—its molecular structure is small enough that it can penetrate into the deep layers of skin. Here, it works to stimulate new collagen and elastin production for stronger, healthier, more youthful-looking skin. It also promotes cellular renewal and acts as a powerful antioxidant, protecting skin cells from free-radical damage.

The regular use of retinol can improve the health and beauty of your skin, but it can cause some increased sun sensitivity when you first start, so make sure to apply a sunscreen of at least 15 SPF before heading outdoors. And, although you can find over-the-counter beauty products with retinol ingredients, your best bet is to go for prescription strength. The two most popular brands are Renova and Retin-A.

Secret #9: Laugh More

Laughter may seem light-hearted, but it's actually a potent antidote to stress and pain, and a surprising youth-boosting secret. Laughter works its magic by triggering physiological changes in the body.

According to HelpGuide.org, a non-profit resource for mental and emotional health, laughter:

- **Relaxes the whole body.** A hearty laugh is said to relieve physical tension and stress, leaving your muscles relaxed for up to 45 minutes.
- **Boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thereby strengthening your defense against disease.
- **Improves your sense of well-being.** Laughter triggers the release of endorphins, the body's natural "feel good" chemicals. These work to promote an overall sense of wellbeing and can even help relieve pain.
- **Protects your heart.** Laughter can get your blood moving and improve the function of your blood vessels, both of which can help protect against cardiovascular problems.
- **Reduces distressing emotions.** Laughter can help diminish feelings of anger, sadness or anxiety.
- **Shifts your perspective.** Sometimes laughter is just the thing you need to break the tension and see a situation in a more realistic, less threatening light.
- **Adds joy and emotional strength to relationships.** Shared laughter is an important part of strong, lasting relationships. It's a way to heal sorrows, soothe disagreements, and unite people during difficult times.

So try to bring more laughter into your life by watching a funny movie or television program, going to a comedy club, reading the comics, sharing a good joke, seeking out friends or loved ones who make you smile, or just by acting silly.

Secret #10: **Think young to feel young**

You've heard the old adage, "You're only as old as you feel." Well, as it turns out, you're as young as you feel, too, according to researchers at Harvard and the Massachusetts Institute of Technology (MIT). Their research indicated that a person's perception of their age can have real effects on short-term and long-term health.

For example, in one study, 47 women had their hair done and the ones who thought the new hairdo made them look younger showed a drop in blood pressure. They also found that women who had children later in life were more likely to be healthier and live longer than those who had children earlier. This was attributed, in part, to the fact that these women spend time with a younger group of cohorts.

Similarly, other studies show that people with younger partners tend to live longer than those with older partners. The researchers concluded that their study "supports the general mind/body hypothesis that when a younger mind is primed, a younger body can accompany it."

Making changes in your appearance, like getting an updated haircut or buying a new outfit, may seem superficial, but it can give you an instant boost in confidence. This, in turn, can make you feel better and look better, too.

And being in a "younger" frame of mind might be just what it takes to keep you involved in social and physical activities that you would otherwise forgo. For instance, instead of thinking, "I'm too old, too tired, too creaky to play in the neighborhood tennis league," jump in and try. The exercise and social interaction will undoubtedly rewind time for both body and mind.

FOOTNOTES

- i Dietary fiber: Essential for a healthy diet. www.mayoclinic.com/health/fiber/NU00033
- ii The Nutrition Source, Fiber: Start Roughing It! Harvard School of Public Health. www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber-full-story/index.html
- iii Sanchez, A et al. Role of sugars in human neutrophilic phagocytosis. *The American Journal of Clinical Nutrition*, Nov. 26, 1973:1180-1184.
- iv *J Clin Endocrinol Metab* 04;89(6):2963–2972
Am J Clin Nutr 02;76(5):911–922
- v Brolinson PG, Elliott D. Exercise and the immune system. *Clin Sports Med*. 2007 Jul;26(3):311-9.
- vi Matthews CE, Ockene IS, Freedson PS, Rosal MC, Merriam PA, Hebert JR. Moderate to vigorous physical activity and risk of upper-respiratory tract infection. *Clin J Sport Med*. 2003;13(6):390-1.
- vii Nieman, D.C., S.L. Nehlsen-Cannarella, P.A. Markoff, A.J. Balk-Lamberton, H. Yang, D.B.W. Chritton, J.W. Lee, and K. Arabatzis (1990b). The effects of moderate exercise training on natural killer cells and acute upper respiratory tract infections. *International Journal of Sports Medicine* 11:467-473.
- viii Nieman, D.C., S.L. Nehlsen-Cannarella, D.A. Henson A.J. Koch, D.E. Butterworth, O.R. Fagoaga, and A. Utter (1998c). Immune response to exercise training and/or energy restriction in obese females. *Medicine and Science in Sports and Exercise* 30:679-686.
- ix Nieman, D.C., D.A. Henson, G. Gusewitch, B.J. Warren, R.C. Dotson, D.E. Butterworth, and S.L. Nehlsen Cannarella (1993). Physical activity and immune function in elderly women. *Medicine and Science in Sports and Exercise* 25:823-831.
- x 2009 Sleep In America Poll, National Sleep Foundation, March 2, 2009.
- xi Smith, Melinda et al. *Laughter is the Best Medicine, the Health Benefits of Humor and Laughter*. [www. HelpGuide.org](http://www.HelpGuide.org). May 2010.

MARINE ESSENTIALS
PO BOX 56
MOBRIDGE, SD 57601
www.marined3.com/catalog/

MD3SR01