



Fight Cancer in 10 Minutes with Garlic

Season your entree with crushed garlic. Add garlic to your favorite soup and simmer. This flavor-packed vegetable makes food taste great. Studies show that eating garlic can reduce the risk for certain types of cancer. But it all depends on how you prepare it.

Most people mince, crush, or chop garlic before they cook with it. But research shows that heating garlic right after it is chopped destroys most of its cancer-fighting properties.

In a recent study, researchers crushed garlic then microwaved it for 30 seconds. In that short amount

of time, about 60 percent of the garlic's cancer-fighting enzymes were gone. After one minute, it offered no protection from cancer at all.

That's because garlic needs a little time to form its cancer-fighting properties. As soon as you chop garlic, it begins forming a series of compounds known to prevent cancer. But if chopped garlic is heated too soon, it doesn't have time to complete the process.

Fortunately, the solution is

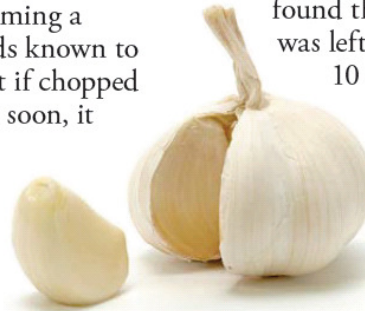
simple: *Chop, then stop* the next time you add garlic to a recipe.

Set it aside before heating it. If you're roasting garlic whole, cut the top off the bulb first. Researchers found that when chopped garlic was left at room temperature for 10 minutes, it retained most of its anti-cancer substances after heating.

National Cancer Institute.

Journal of Nutrition.

American Institute for Cancer Research.



Try these garlic recipes tinyurl.com/k2b2zbw



Drop and Give Me 20

If you start to sweat at the thought of someone telling you to, "Drop and give me 20!" you might want to add strength-building exercises into your daily routine. The number of pushups you can do is an indicator of your overall fitness level. So, how many pushups can you do?

Probably not more than Minoru Yoshida. In 1980, at the age of 23, Yoshida set the still-unbroken world record by completing 10,507 push-ups without stopping. But you don't have to turn pushups into an extreme sport to benefit from the exercise.

Research shows that doing pushups at any age improves overall health. Pushups burn calories, build lean muscle tissue, and strengthen your bones. Forcing your muscles to work against resistance can also help you lose weight, lower your blood pressure, and strengthen your heart.

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"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

~ John F. Kennedy

fitness

www.backinskinnyjeans.com



Prevent Heart Disease with Exercise

German resident Johanna Quaas enjoys gymnastics to stay in shape. But she wasn't always an 86-year-old phenom on the

parallel bars with a record for being the world's oldest gymnast. At age 50, Johanna gave gymnastics a try and never looked back.

At her age, about 70 percent of all Americans have heart disease. This condition limits blood flow and increases the risk of a heart attack or stroke. It is caused by plaque

build-up in the arteries. Poor eating habits, lack of exercise, and smoking are also risk factors.

But it is preventable. In a heart-related study, researchers followed 9,050 middle-aged people for 18 years. They took a fitness test at the beginning of the study. Eight years later they took the test again. Researchers matched fitness levels with heart-related hospitalizations over the next decade. They found that small improvements in fitness greatly reduced the risk for heart disease. For example, if a 40-year-old went from jogging one mile in 12 minutes to just 10 minutes during

the first eight years of the study, this reduced the risk for heart failure at a later age by 40 percent.

Even if you are middle-aged, it's not too late to improve your heart health. Johanna Quaas didn't get started until she was 50. You can protect your heart by making exercise a regular part of your day. And if gymnastics isn't on your bucket list, try walking, or another activity. Just 30 minutes of moderate physical activity a day can improve your heart health.

American Heart Association.

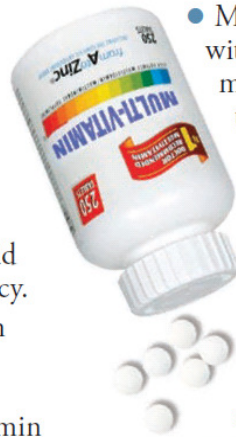
Centers for Disease Control and Prevention.

Be heart healthy at any age
tinyurl.com/ktxzzxb

Do Multivitamins Make You Healthier?

Large studies show no significant health advantages to taking multivitamins. But they may help people with certain conditions:

- Women show fewer birth defects if they take folic acid before and during pregnancy.
- If you don't get enough sun in winter, you can lower your risk for several health problems if you take a vitamin D supplement, at least 1,000 IU daily. Most multivitamins have such a low dose of vitamin D, they are not effective.
- As you age, you don't absorb vitamin B-12 as well. And it's an important nutrient that supports brain health and memory. Some studies on seniors show that as many as 30 percent of the population has low vitamin B-12 levels.
- If you are a vegetarian, you could also benefit from a B-12 supplement. Studies show that vegetarians are often low in B-12 and could be at risk for brain atrophy.



- Many foods are fortified with calcium, but your diet may not include enough of this mineral. A calcium supplement can help to support strong bones and teeth. But too much calcium in the diet may also pose health risks. How much you need depends on your age. But adults age 19 to 50 should aim for 1,000 mg per day.
- Some people have problems absorbing nutrients from food due to specific health conditions, such as celiac disease. If you have a unique health condition, you may also benefit from a multivitamin.

For most people, a healthy diet is the best source of vitamins and nutrients. Skip the multivitamins and eat more healthy foods. Limit animal fats, cholesterol, refined grains, and foods high in sugar. Eat more fruits and vegetables. And add more nuts, legumes, and whole grains to your diet.

Archives of Internal Medicine.

U.S. Food and Drug Administration.

How much calcium do I need?
tinyurl.com/ccrbfg

Drop and give me 20

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If you're a male age 49 or younger and you can do 16-27 pushups (or 14-20 pushups on the knees for women), you're in good shape, according to the American College of Sports Medicine. If you can't do that many, set a goal to improve the number of pushups you can do without stopping.

American College of Sports Medicine.
www.RecordHolders.org

See how to do a pushup
tinyurl.com/7c88182

ASK THE Wellness DOCTOR

Q: Why should I use sunscreen?

A: Go to www.wellsource.info/wn/ask-sunscreen.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: evan@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: "Exercise 30 Minutes Daily" available at: www.wellsource.info/wn/hc-exercise30.pdf

Be active at least 30 minutes a day.