

## According to Reader's Digest

People frequently ask, "What is the reason you appear to be so healthy at your age?" *I read Reader's Digest.* They always have articles about health in every issue. Many of them confirm that what I have been doing most of my life, is probably the best way for me to stay healthy.

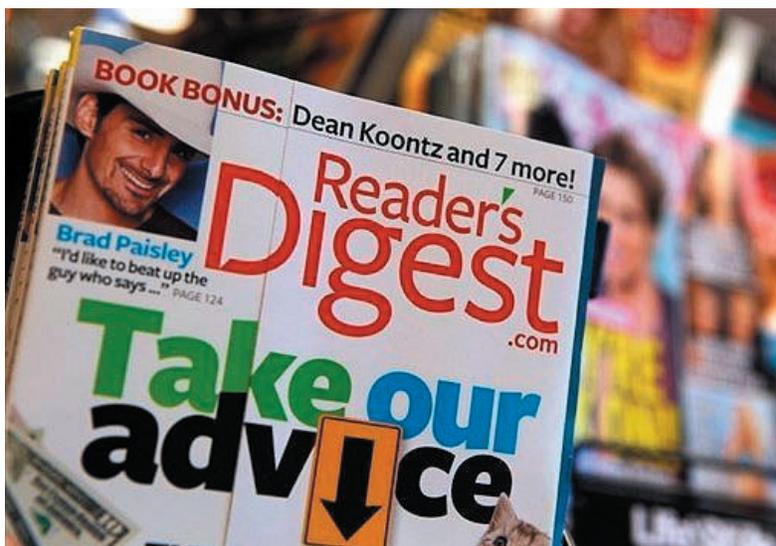
In 1962, when I came home from a vacation in the British Virgin Islands, I found out that I had Hepatitis and my liver was five times it's normal size. The doctor put me on a special diet - that even today is still recommended by the best dietitians for healthy living. I have stayed on that ever since, because of my concern for the health of my liver. A great majority of prescriptions warn about side effects that could be harmful to your liver. So, I do everything in my power to avoid taking any pills or medicine.

My children suggested that I at least take an 81mg. aspirin to avoid a heart problem and also take vitamins. I took them for a while, and saw an article in Reader's Digest that aspirin doesn't work for everyone, and another article that researched various vitamins and found that most of them didn't help. Eating a lot of fruit and vegetables, whole grains, fish and chicken and a good rounded diet would supply all the vitamins your body needs. So I take no aspirin or vitamins, or any medicine at all.

I read that even coffee now has an impressive record of lowering the risk of many diseases, and dark chocolate which lowers LDL (bad cholesterol) helps burn fat and can lower blood pressure. I also read that nuts are very good for your health, and 12 ounces of beer helps improve levels of HDL (the good cholesterol). My doctor wanted to write a prescription for my cholesterol which was a little high, and another - Celebrex for my arthritis. I said, "*Forget the prescriptions, I'll eat my nuts, have my beer, and eat a balanced diet, and my cholesterol will come down.*" — and it did.

As for arthritis, I have a high threshold for pain.

When I read about the side effects of Celebrex (which were about a half a page long), I figured that if I took that, I would end up with other ailments that I never had before. I then asked the doctor if he thought I might live to be 100 years old. He asked, "Do you smoke or drink a lot?" *No, I don't do that.* "Do you gamble, drive fast cars or fool around with women?" *No, I don't do that.* He asked, "Then why would want to live to be 100?" After my check up he said "Except for your arthritis, you are in perfect health — I'll see you in three months." *Why 3 if I'm in good health?* "You are old, you need frequent checkups." *I don't feel old, and I'll see you in one year!*



Of course medicines have helped many people recover from serious illness and have kept many living longer or have prevented death, but as my first child's doctor told me back in 1942, all medicines could pose a risk to certain people. That is why it is important to weigh the risks of the medicines to the seriousness of the illness.

I can't say that all the things I mentioned are why I am healthy at my age. Two of the greatest reasons for my good health and longevity are my *Kilbride genes and the grace of GOD.*

Vitamin D is essential to good health, and the best way to get it is to go out in the sun. *So to stay healthy I play golf, have my beer and mixed nuts, have my ice cream sundae with strawberries and chocolate syrup, swim laps in the pool, ride my bike, eat all my fruits and vegetables, get my carbs with whole grains and fibers, and eat lean proteins.*

Another thing that keeps me from being depressed and being cool, calm, and collected — *is that I never worry.*

*~ George Kilbride  
91 and still young at heart*

## Chocolate as Medicine?

Just in time for Valentine's Day, we've uncovered even more evidence that chocolate makes us healthy:

**It can lower blood pressure.** Researchers at the University Hospital of Cologne, Germany, gave 44 people with borderline or mild hypertension 30 calories a day of dark or white chocolate. After about four months, the number of dark chocolate eaters diagnosed with hypertension dropped from 86 percent to 68 percent. Most likely the results were thanks to the antioxidant effect of dark chocolate, the researchers say.



**It can help you burn fat.**

Chocolate-loving men who eat the sweet treat are in better health than those who don't like it, say docs at Imperial College London and

Nestlé. Over five days, a group of 22 healthy young men (half liked chocolate;

half didn't) ate the same food, plus either chocolate or bread. Blood and urine tests showed the chocolate lovers processed fatty foods better and had lower LDL (bad) cholesterol.

Yes, indulging every once in a while may have long-term heart benefits—but only when paired with a healthy diet. "You can't just eat chocolate while you sit on the couch and watch TV," says researcher Sunil Kochhar, PhD. *Cynthia Dermody*

## Simple Habits Pay Off

Picking to four healthy bits regularly will help you live longer, according to Harvard researchers. Middle-aged women who ate right, exercised, stayed at a healthy weight, and never smoked had a 71 percent lower risk of premature death than those who had none of the healthy habits. The healthy

women also reduced their risk of cancer death by 65 percent and fatal heart disease by 87 percent. The worst habit? Smoking. Those who smoked 1 to 14 cigarettes a day had a 94 percent higher risk of early death. But as obesity becomes much more common than smoking, this may change.

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## Coffee Breaks

Once suspected in a variety of diseases, coffee now has an impressive résumé:

Mounting evidence suggests that coffee drinkers have a lower risk of developing type 2 diabetes, gallstones, Parkinson's disease, cirrhosis, and certain types of liver, breast, and colon cancers.

**Better than fruit juice?** Hundreds of compounds, including antioxidants, seem to be responsible for coffee's many protective benefits. In a recent Harvard University study, coffee drinkers had a lower risk of

dying from cardiovascular causes than nondrinkers.

**Black coffee is probably even better for you than high-calorie beverages.** A Norwegian study found that a typical serving of brewed coffee is richer in antioxidants than a serving of blueberries, raspberries, pineapples, or many fruit juices.

**Brain bonus** Coffee might help your mind as much as your body. One study found that sleep-deprived rats were much calmer after simply inhaling roasted coffee beans.



... But don't be misled into thinking that it's better to down pills than to down vegetables. Orange juice has more in it than just vitamin C. And foods don't just have a biochemical importance; they can create a kind of energy force in your body. For example, it may be that it's not one nutrient that helps prevent cancer or reduce heart disease, but rather the combination of several ingredients that does the trick. And that's the kind of nutritional power you find only in the way nature makes our food. In fact, we believe that the study of how food can heal is the next frontier in medicine.



**> EGGS, LEGUMES, AVOCADOS, NUTS, SOYBEANS** All contain biotin, an essential vitamin for fat and carb metabolism. A deficiency can lead to dry skin and brittle hair and nails.

really four basic rules to healthy eating (drumroll, please):

- Consume carbs in the form of whole grains and fiber.
- Avoid trans fats and saturated fats.
- Eat lean protein.
- Fill up on fruits and vegetables.

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Chances are, you'll be raising your glass once or twice this holiday season. While some wine or the occasional cocktail may help improve levels of HDL (the good cholesterol), the recommended limit is generally one drink a day (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor).

Recent headlines have uncovered one shocking lapse after another at the Food and Drug Administration: A popular diabetes drug can sharply increase the risk of heart attack, a finding the agency knew but took two years to reveal. An FDA-approved antibiotic can destroy your liver in just five days.

**Don't smoke** It's a major cause of gum disease,

**CELECOXIB (Celebrex)**  
Prescription-only selective NSAID

Not approved for kids. Skip if you're allergic to aspirin or sulfa drugs, have aspirin-sensitive asthma, or are in late pregnancy. Tell your MD if you drink alcohol, have a history of hypertension, ulcers, heart disease, kidney, liver or bleeding problems.



Indigestion, diarrhea, abdominal pain. May also cause respiratory infection, headache, dizziness, nausea, back pain, ulcers, sleeplessness, allergic reactions.

Lithium, diuretics, methotrexate, rifampin, theophylline, ACE inhibitors.

Skin if you...