

Newsletter December 2006

It's Holiday Time!

You don't have to miss out on the fun!

This time of the year is a great time for celebrating. Holidays are around the corner and socialising is generally part of most people's routine.

The good news is that Living to 100 does not mean that you have to be miserable. Although if you want to feel like 100 by disobeying all the rules, this is a popular time of year to do it. Yes, some people can feel like they are 100 at the tender age of 35.

Like most people, I would dearly love to avoid the consequences of old age, preferably without any effort on my part. So I was delighted by recent research showing that a natural substance, Resveratrol, found in red wine offsets the bad effects of a high calorie diet in mice, and significantly extends their lifespan. However the report noted that a comparable dose for humans, meaning you and me, would require us to drink between 750 and 1500 bottles of red wine daily. The result of attempting this intake would be permanent pickling – otherwise known as death. The good news is that a moderate intake of red wine does have health benefits for many people and that Resveratrol is gradually becoming available as a health supplement.

One of my colleagues likes the idea of not working in December as he finds that giving nutrition advice is generally a waste of time. While this thought may seem extreme to some of you, the following Festive Season dietary rules are worth reading:

1. If you eat something and no one sees you eat it, it has no calories.
2. When you eat with someone else, calories don't count as long as you don't eat more than they do.
3. If you fatten everyone else around you, then you will look thinner.

Seriously though here are some festive Season Health Tips:

Booze :

For those of you who choose to occasionally exceed the recommended daily limits of alcohol of 2 glasses for women and 4 glasses for men, you can help yourself by:

- Drinking plenty of water before bed and in the morning.
- Taking a couple of B Complex vitamins on waking.
- Eat some protein for breakfast – if you can manage eating. Eggs are good as the sulphur containing amino acids help you detox.

Food:

Enjoy sampling the vast assortment of Festive Foods as if you are a connoisseur or judge at a country show. Smaller plates and thin, tall glasses make it a lot easier for

your tens of thousands of taste buds to selectively celebrate the foods and beverages on offer.

On the subject of dieting, one of my friends has started a new diet: “No more eating my own words, swallowing my pride or putting my foot in my mouth” she said.

Go for it!

Have a great healthy holiday.

Dr. Pete.