

Dr. Oz, America's Heart Doctor, Gives Anti-Aging Tips

Dr. Oz says that we can control 70 percent of our aging destiny with the right choices and that we ALL can live to be 100! Dr. Mehmet Oz and Dr. Michael Roizen have written a best seller entitled *YOU: Staying Young*. They recommend a few simple alterations we can all do to turn back time with the latest anti-aging food, drinks and vitamins.

To start your new anti-aging lifestyle a few simple foods can be added to your diet for increased longevity. First off, [antioxidants](#). As their name implies, antioxidants do to your body what the lemon juice does to an apple—help prevent the damage caused by oxygen exposure. And some antioxidants are more potent than others. For instance, Dr. Oz says one of his favorite anti-aging foods are blueberries. You can tell blueberries are chockfull of antioxidants because of their dark color. "All foods with dark colors in them have some of these really protecting antioxidant chemicals in them," he says. "Blueberries lead the charge." Other good anti-aging foods include sweet potatoes, broccoli and tomatoes.

While Americans' number one source of antioxidants is from coffee, Dr. Oz says there are better hot beverages out there, like green tea and white tea. *Be sure to download the Anti-Aging Checklist on [EdibleNature.com](#) to get daily serving recommendations to live your best life.*

Recently, red wine has received a lot of press for being good for your health. Dr. Oz says part of the reason is the alcohol and part is [resveratrol](#), a powerful antioxidant that comes from the skins of grapes (which are only added back to red wine rather than white). If you don't want the alcohol, you can get a portion of the benefit drinking Concord grape juice.

- Additionally, your spice rack is full of anti-aging secrets. Dr. Oz says research shows that [cinnamon](#) can decrease blood sugar levels and lower cholesterol, especially in people with type-2 diabetes.
- Arthritis sufferers may also find relief in turmeric, a spice found in [curry](#) that has also been reported to help prevent Alzheimer's disease, he says.
- [Paprika](#) and cayenne pepper can help fight high blood pressure and improve circulation, he says.
- In lab studies, Dr. Oz says, eating [rosemary](#) has been shown to improve learning rates in rats—data that has been reproduced in humans.
- Even [ginger](#) can decrease blood pressure, alleviate arthritis pain and reduce your risk of cancer.

Although fresh herbs are usually best, dried herbs can provide great benefits as well and if ease of access allows you to incorporate them into your diet more readily, then use dried herbs.

[Next great anti-aging tip: fiber](#). Fiber keeps your intestines healthy and bowels regular. In order to keep them functioning properly, you need about 25 grams of fiber daily. That's about two and a half times more than the average American eats a day. Fiber works by keeping all the nutrients you eat in your intestines

and releases them as needed. So how can you increase your intake? Eat more fruits, vegetables and foods rich in whole grains. One intestinally gentle way to increase your fiber is by adding psyllium husks to your food.

Another way to stay young that has gotten plenty of media attention lately is [omega-3 fatty acids](#). In addition to salmon and other oily fishes, flax seeds are one easy way to add this nutrient into your diet. Other good sources include walnuts, spirulina algae and hemp seeds.

Olive oil, one to two tablespoons a day, is also a crucial part to any balanced diet. Rather than putting the oil in the pan and heating it, a better method is to put the food in the oil first and then add it to a heated pan. That's a wonderful way of reducing the amount of oxidation that occurs—and less oxidation means more healthful benefits for your body.

One key component to longevity includes exercise. In addition to cardiovascular exercise, Dr. Oz says it is also important to build muscle mass through strength training and both activities should be done at least 3 times a week.

Another key element to adding years to your life is taking five minutes a day for prayer, meditation or yoga. These activities release nitric oxide which relaxes blood vessels. Now that you are relaxed, time to move to the bedroom.

Dr. Oz recommends 7-8 hours of sleep per night and monogamous sex 2-3 times weekly. Lack of sleep is dramatically aging us because during sleep is when our bodies reboot. Likewise, lack of sex can be damaging to our health as well. Dr. Oz says sex creates an increase in chemicals that keep us young. "When you have loving conjugal love with someone and you actually have that passionate moment, you not only exchange bodily chemicals, but you make chemicals within you," he says.

The last category on Dr. Oz's anti-aging checklist is vitamins.

There is a nationwide deficiency of [Vitamin D](#). Researchers believe this nationwide deficiency could be a cause of many serious health problems, including autoimmune disease, Dr. Oz says. "We think it might be responsible for a lot of cancers in this country."

Another important supplement you should take is [calcium](#). But for maximum absorption, you should take it with magnesium. Calcium builds strong bones and also helps to calm nerves, improve sleep, and regulate the heartbeat. This is best to take at night before going to bed, since calcium coats, soothes and relaxes the muscles.

Dr. Oz says the next vitamin on his list is often forgotten: DHA omega-3. Dr. Oz says a dose of DHA omega-3 is similar to fish oil but comes in a small pill form. "It comes from a source that we know is pretty clean and doesn't give you the anti-coagulant problems that sometimes you run into with fish oil, so I think DHA omega 3s make a lot of sense," Dr. Oz says. He recommends taking 600 milligrams a day.

[Vitamin B](#) is important for boosting cell metabolism. This vitamin can be found naturally through many leafy green vegetables, but Dr. Oz says a supplement may be necessary. "Most of us don't get anything near what we need, in part because our food supply has changed and we're not eating what we should eat. So taking vitamin B in a supplement makes sense."

The last vitamin on Dr. Oz's list is the all-important multivitamin. Dr. Oz says this vitamin should be cut in half so you have two doses. "If you divide the vitamin in half, then you stabilize your dose during the day. Take half in the morning, half in the evening."

If you're confused about which multivitamin is right for you depending on your age and sex, Dr. Oz says to keep it simple. "Everyone takes the basic same multivitamin with two small exceptions," he says. Pre-menopausal women should take a multivitamin with iron in it and 5,000 units of vitamin A. Men and post-menopausal women can take a basic multivitamin with 2,500 units of [vitamin A](#).

When taking your daily vitamins, Dr. Oz says to make sure to get plenty of fluids. "If you don't like taking the pills, you can get liquid vitamins. They work as well. Find something that agrees with you that you can automatically make part of everyday life for you."

Maybe you've been dealt a bad hand of genetics, but that doesn't mean you can't exchange a few cards, or at least change how you play them. When it comes to your body and longevity, here's what we know: It's less about what genes you have and more about how you treat them. So take the advice of America's Doctor and you too can live a much longer, healthier life.

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Your Anti-Aging Checklist



Are you looking for ways to get healthy and peel the years off your body? Dr. Oz and Dr. Roizen are back with the ultimate anti-aging checklist. Don't wait until you're falling apart - change the way you look at life and start your path to health today. You'll feel better, look better, be healthier and could actually live longer!

Food

- Antioxidants (5 servings a day)**
In brightly colored foods like blueberries, sweet potatoes, broccoli, tomatoes and acai
- Green and white tea (4 cups a day)**
- Red wine or Concord grape juice (1 glass a day)**
- Fiber (25 grams a day)**
In fruits, vegetables, beans, brown rice, whole wheat pasta, "100 percent" whole grain bread and chia
- Omega 3 fatty acids**
In roasted or ground flax seeds, walnuts, hemp, salmon and spirulina algae
- Olive oil (1 to 2 tablespoons a day)**
Do not heat this delicate oil to smoking point or it will be damaged and lose its benefits

Exercise

- Get your heart rate up (3 times a week)**
Find your target exercising heart rate: $220 - [\text{your age}] \times .80$
- Do strength training (30 minutes a week)**

Meditation

- Yoga, prayer or meditation (5 minutes a day)**
Releases nitric oxide, which relaxes blood vessels

Sleep and Sex

- Sleep (7 to 8 hours a night)**
- Monogamous sex (2 to 3 times a week)**

Vitamins

- Vitamin D (1,000 units a day)**
- Calcium (600 mg twice a day) with Magnesium (200 mg twice a day)**
- DHA Omega-3 (600 mg a day)**
- Baby aspirin (2 a day, for a total of 162 milligrams)**
- Multivitamin (Take half in the morning, half in the evening)**
Pre-menopausal women need a multivitamin with iron and 5,000 units of vitamin A. Men and post-menopausal women need just 2,500 units of vitamin A.

As a reminder, always consult your doctor for medical advice and treatment before starting any program