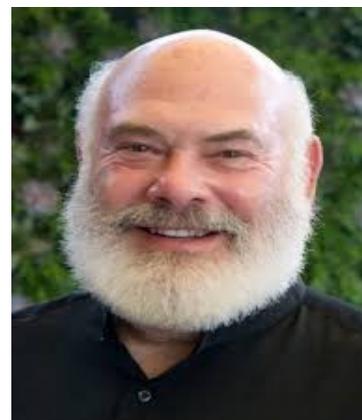


# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



## Healthy Aging

### An Interview with Dr. Andrew Weil, M.D.

#### Introduction

Dr. Andrew Weil, M.D., is the founder and director of the Centre for Integrative Medicine at the University of Arizona. He is Harvard educated physician who has written 13 books including the best seller Healthy Aging: A Lifelong Guide to Your Well-Being and numerous scientific articles and papers.

Dr. Weil is a pioneer in the field of integrated medicine which he defines as “healing orientated medicine that takes into account the whole person (body, mind and spirit), including all aspects of lifestyle.” He feels that there needs to be a greater focus on health promotion and disease prevention and that individuals need to take responsibility for their own health.

Being an older adult himself, he is 72, he understands the need for “healthy aging” which he defines as, “regardless of age, you feel good and have enough energy to meet and engage in life’s demands.”

Dr. Weil feels that avoiding the negative perceptions of aging that our society promotes, participating in regular physical exercise and following an anti-inflammatory diet are the three cornerstones to healthy aging. This newsletter will focus on gaining a better understanding of his views towards healthy nutrition and his anti-inflammatory diet by presenting an edited version of an interview with Dr. Weil that was published in The Journal of Active Aging, March/April 2015, p 24-32. For a full version of this interview please go to;

[http://www.icaa.cc/data/product/5359\\_21d897abee6a89feced0521c4f7bb459.pdf](http://www.icaa.cc/data/product/5359_21d897abee6a89feced0521c4f7bb459.pdf)

#### The Interview

**Q– What nutritional approach do you believe promotes healthy aging?**

A- I advocate an anti-inflammatory diet. That is because the diseases of aging-the big ones such as cardiovascular disease and neurodegenerative disease like Alzheimer’s— begin as inflammatory processes in the body. Cancer is linked here too as anything that increases inflammation also increases cell proliferation, which increases the risk of malignancy transformation.

**Q– What do you mean by inflammation?**

A– Inflammation is the cornerstone of the body’s healing response. It is the way the body gets more nourishment and more immune activity to a specific area that needs it. This inflammatory response in the body is very powerful and potentially destructive if is allowed to persist at chronic low levels through-out the body. A poor diet, wrong carbohydrates and fats can have a powerful influence on the inflammatory process.

**The Interview continues on page 2**

#### DID YOU KNOW

##### Resources

##### Internet

1. Dr. Weil

[www.drweil.com](http://www.drweil.com)

2. Anti-inflammatory Diet & Pyramid

[www.drweil.com/drw/u/PAG00361/anti-inflammatory-food-pyramid.html](http://www.drweil.com/drw/u/PAG00361/anti-inflammatory-food-pyramid.html)

3. Dr. Andrew Weil’s daily Health Tips

[www.drweilblog.com](http://www.drweilblog.com)

4. Online Guide to the Anti-Inflammatory Diet (subscription)

[www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)

##### Print

1. Weil,A. (2005). HealthyAging:A life long Guide to your Well Being. New York, NY: Knopf Doubleday Publishing Group

## The Interview continued;

**Q– What specific advice do you give to older adults for eating well?**

A– Trend away from eating manufactured/processed food. A lot of older adults eat that way for convenience. They should also minimize the amount of sugar they consume. They need to eat on a consistent basis the right balance of fats (20%), carbohydrates (40%) and proteins (40%). Eating a lot of vegetables across the colour spectrum is important.

**Q– What do you think of the so called “super foods?”**

A- Berries such as blueberries are a superfood. They are full of antioxidants and low of the glycemic load scale so they won't spike blood sugar too much. Broccoli is another superfood– it's has strong cancer protective properties. This is true for a lot of common fruits and vegetables. Ginger and turmeric are two of the most potent natural anti-inflammatory agents we have.

**Q– What is your opinion of dietary supplements?**

A- Dietary supplements are not a substitute for foods that contain them, and taking them does not excuse people from eating a good diet. Supplementation can be useful as insurance against gaps in the diet. Some supplements have a specific therapeutic or protective effect when taken in higher doses than can easily be gotten from foods. For example, we don't get enough omega-3 fatty acids which are mostly found in cold water oily fish. They are strongly protective of both mental and physical health. Therefore, a supplement of fish oil is a good idea, even for people who eat fish.

## Dr. Weil's Anti-Inflammatory Diet

**Interactive Pyramid** - <http://www.drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html>

