

# TRANSFORM YOUR LIFE

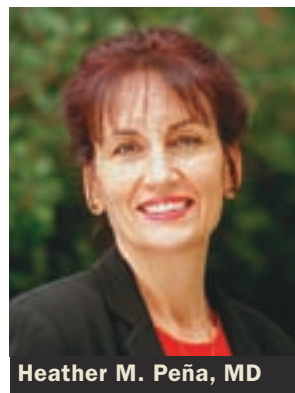
## WITH THESE “PEARLS” FOR HEALTHY LIVING

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With some very simple changes in what and how you eat, along with learning the other facets of a healthy lifestyle, you can literally transform your life.



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◆ I developed these simple and effective “pearls” for healthy living during the 24 years I’ve practiced medicine. These tried-and-true nuggets of advice have worked for my patients and can work for you. Don’t feel that you have to follow them all. The point is to find and use the tools that best fit your life and will help you make healthy changes.

**1. Eat more plants.** Populations that eat five or more servings of fruits and vegetables per day live longer lives and have a lower occurrence of heart disease, stroke and cancer.

**2. The four S’s.** Soups, salads, smoothies and stir fries are great ways to increase your plant intake.

**3. Eat more phytonutrients.** This is the “berries and broccoli” message. These foods contain powerful chemicals known to help prevent heart disease and cancer. Colorful vegetables and fruits usually indicate more phytochemicals.

**4. Good vs. bad fat.** To keep your arteries healthy, minimize saturated fats in whole milk, cheese, butter, cream, fatty meats, baked goods and highly processed foods. Eliminate trans fats. If the ingredients say “hydrogenated oils,” that’s a trans fat—don’t buy the product.

**5. Good vs. bad carbs.** Minimize refined sugar and white flour products. Instead, eat whole grain breads, oats, barley, brown rice, quinoa and other grains and cereals.

**6. Don’t worry about protein.** Most people get about 15 to 20 percent of their calories from protein. We almost never see low protein intake. It’s actually the hardest food group to eliminate

since many foods contain protein. Even vegetables like spinach and broccoli are good sources.

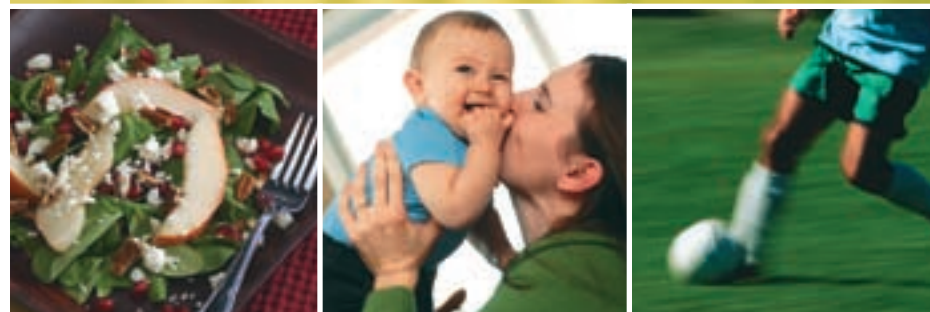
**7. Five, four, three, two, one and a few.** This is a simple formula by which to construct your own food pyramid. Choose five servings of whole grains or beans, four vegetables, three fruits, two servings of non-fat milk (or calcium-fortified soy-milk), one 4-ounce serving of animal or vegetable protein and a few nuts.

**8. Beware of liquid calories.** It’s often better to eat the whole fruit rather than consume just its juice. Sugared sodas and other high-calorie drinks don’t make sense when controlling weight. This includes specialty coffee drinks. A 20-ounce cinnamon breve latte has 800 calories...and that’s without whipped cream

**9. Focus on health, not weight loss.** Eliminating a food group, as many fad diets suggest, may provide quick weight loss but not long-term success. Balance and persistence still win the race when it comes to health and optimal nutrition.

**10. Tools, not rules.** Don’t try to be perfect. Try to make the best choices most of the time and follow a “bad day” with a good day, avoiding the snowball effect.

**11. Watch your lab results.** It is moti-



vating to watch your lab results and blood pressure improve as you lose weight and exercise.

**12. Exercise is the fountain of youth.** The benefits of exercise are manifold. Among them are the ability to decrease your chances of getting cancer, heart disease, stroke and dementia. Exercise also helps control your weight and improve your mood and energy.

For weight loss, exercising five times a week for 30 minutes is realistic. For weight maintenance, three times a week for 30 minutes is sufficient for most people.

**13. Set small, achievable goals.** Small steps will result in improved health for the long term. Even a 10 percent weight loss results in dramatic reductions in health risks.

**14. Dining out.** If you set a strategy ahead of time, dining out doesn’t have to turn into a diet disaster. For example, order an appetizer as an entrée or order soup and salad as an entrée.

Avoid bread, desserts and high-calorie drinks. Avoid butter and cheese if cholesterol is an issue. Split a main dish with someone to cut portion size.

**15. Menu planning.** So you don’t become overwhelmed, recognize that most families eat the same 10 dinners repeatedly; just make these a good 10. Make a list of fruits and vegetables you like and

incorporate them in your meals. And please eat breakfast. Most people fail to realize that people who don’t eat breakfast generally weigh more.

**16. Listen to yourself.** Emotional eating is all too common. Begin to take stock of why and when you eat. Perhaps hunger isn’t the only cue.

**17. Find support.** Support from many directions is extremely helpful in maintaining new, healthful behaviors. Tell those around you how they can best help you—and nobody needs the “food police.”

**NEED HELP?** A comprehensive residential program, like Transformations™ at the St. Helena Center for Health, takes you away from the daily stressors and provides an 11-day experience of living and feeling the benefits of a healthy lifestyle to prepare you for long-term success.

The St. Helena Center for Health offers three medically supervised and custom-tailored programs:

- Transformations: The Napa Valley Weight and Lifestyle Management Program
- The Center for a Smoke-Free Life®
- ONE: The Napa Valley Personal Health Experience™, a one-day, “super physical” full-body health assessment.

For more information about these programs, visit [www.sthelenacenterforhealth.org](http://www.sthelenacenterforhealth.org) or call 800-358-9195.

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