



Dr. Thomas's

FOREVER YOUNG!

June 2010

The monthly guide to living healthier and happier.



“What’s in a name?”

While taking a break from writing this month’s newsletter, I went outside to get the mail. Besides the usual bills, there was a large white envelope addressed to me from AARP (American Association of Retired Persons). Inside was a letter explaining that I would soon be eligible to join AARP and enjoy all their wonderful benefits. That’s because, this month, I turn 50 years old. Me... “The Big 5-0.” I can hardly believe it!



ready to start medical school. I certainly don’t feel 50!

One of my favorite performers is the legendary Rod Stewart, and one of my favorite songs of his is *Forever Young*.

I love the title and the words to that song. And then it hit me. I simply had to change the name of this newsletter from *Natural Healing* to *Forever Young*, because I really do feel forever young, and my heartfelt goal is to have you feel that way too. Each

month, I will work hard to provide you with the latest updates in holistic medicine, nutrition, and fitness that will help guide you towards a healthier and happier life.

Dr. Daniel Thomas

So now that I’m officially a “senior citizen” according to AARP, I asked myself, “Do I *feel* like a senior citizen?” My answer was an emphatic “No!” Mentally and physically, I can honestly say that I feel like I’m 22 years old, just out of college, and

The key to a happy retirement

A new study out of England suggests that friends—not grandchildren—may bring greater happiness after retirement. The positives of spending time with grandchildren impart a vital sense of purpose and meaning, but having a strong network of friends tends to

have a much more positive impact on a retiree’s enjoyment of life the researchers found. Friends—especially those who share common interests—can fulfill a number of important psychological needs including a sense of connectedness, purpose, and of mastery if a special skill is involved. Having a spouse or a longtime partner can also make an enormous difference.

MEDICAL SERVICES AVAILABLE:



Natural Hormone Balancing:

FeelBetterAtAnyAge.com

Blood Testing:

VitalBloodTests.com

Medical Weight Loss:

DoctorsForWeightLoss.com

Second Medical Opinions

Nutritional Counseling

Fitness Prescriptions



Healthy diet may also reduce Alzheimer’s risk

In this month’s issue of the *Archives of Neurology*, researchers have found that those whose diets included the most cruciferous vegetables such as cauliflower and broccoli, green leafy vegetables, fruit, and nuts, and the least amount of red meat and high-fat dairy, had a 38% lower risk of developing Alzheimer’s disease. Not surprising, this is the same diet that reduces the risk of heart disease, high cholesterol, obesity, cancer, high blood pressure, and adult diabetes. For more information, please see the Q&A section of last month’s newsletter.



Practical tips for a flatter stomach

A bulging midsection is a sign that you have too much visceral fat—the thick, yellow fat inside the abdomen. This fat produces appetite-simulating hormones and inflammation-promoting chemicals. Even if you're not overweight, having an oversize waistline dramatically increases your risk of cancer, diabetes, and high blood pressure.

You won't transform your body if your favorite phrase is, "Pass me another cookie." If you really want a flat stomach, you're going to have to work for it. Doing the best abdominal exercises is important (more on that later), but here's what will help more than anything:

- Reduce your calorie intake.
- Increase your metabolism by including exercises that target the largest muscle groups. These exercises include squats, pull-ups, lat pulldowns, deadlifts, and lunges.
- Vacuum as often as possible and pull your belly button to your spine and hold it for 30-90 seconds at regular intervals.
- Include the best ab exercises in your routine 5-7 days per week. According to researchers at the Biomechanics Lab at San Diego State University, the two best ab exercises are the *Bicycle Exercise* and the *Captain's*

Chair. To see a video demonstration of these exercises, go to YouTube.com.



Question: Is it true that donating blood has health benefits?

Answer: It's true. Donating blood has been linked with a lower risk of cancer (liver, lung, colon, stomach, throat), and may reduce your risk of heart disease. Although it's not yet clear why, what could possibly be better than helping save a life while improving your own health in the process?

Question: What are hormones and why are they so important?

Answer: Hormones are the life-sustaining chemical messengers produced by a group of glands known as the

endocrine system. Hormones are needed for growth and development, sexual function, metabolism, repair and rejuvenation, and overall well-being. Unfortunately, levels of these critical hormones can greatly diminish due to stress, nutritional deficiencies, lack of exercise, lack of sleep, environmental pollution, long-term use of prescription or over-the-counter medications, and advancing age. As hormone production decreases, the body often begins to slow down its rejuvenation and repair of tissues and organs. This can cause health to decline and aging to accelerate.

Two key hormones vitally important for rejuvenation and repair of the body are estrogen and testosterone—produced by the ovaries and testicles. Around age 40, we begin to lose the ability to produce optimum levels of estrogen and testosterone. Good health is slowly replaced with a host of age-associated health problems. People often lose the vigor and energy for life they once had. We have been led to believe these changes are an inevitable

part of the aging process, and that we must simply learn to accept it. Getting older does not have to mean the end of a healthy and happy life. Hormones are our life-force. The most natural way to put back these life-giving hormones and restore what was lost is via Hormone Pellet Therapy. Visit MyHormonePellets.com for more information.

Question: Do you have any helpful ways to reduce stress?

Answer: Spend 30 minutes a day doing something you like, have sex more often, soak in a hot tub, visit a friend, play with your dog (if you don't have a dog, adopt one; unconditional love is priceless), listen to soothing music, watch a funny movie, get a massage, count to ten before losing your temper, and avoid difficult people when possible.

If you have a question you would like answered, please email Dr. Thomas at: drthomas123@yahoo.com

Copyright © 2010. *Dr. Thomas's Forever Young!* is written by Dr. Daniel Thomas, D.O. and is published monthly. Dr. Thomas has 23 years of experience and has been a forward-thinking leader in holistic and preventive medicine, nutrition, and fitness. By restoring key hormones and nutrients to optimal levels, his patients enjoy renewed health and vigor. Dr. Thomas practices at the Complete Wellness Medical Center, 501 W. State Road 434, Winter Springs FL 32708, Phone: 407-327-0410. For more information, visit online at FeelBetterAtAnyAge.com or email Dr. Thomas at drthomas123@yahoo.com. **If you have friends or family members that would enjoy receiving this newsletter, please email Dr. Thomas and he will add them to the subscriber list. ☺**