

increase your chances of bleeding, though in nearly 150 studies so far this has not emerged as a side effect.

■ **Have type 2 diabetes.** Some studies suggest that high-dose omega-3s may trigger short-term increases in blood sugar in people with type 2 diabetes. However, I routinely advise my patients with diabetes to take up to 1 g of fish oil daily to stave off cardiovascular disease, and most do well on this modest dose. A person with diabetes should take omega-3 fish oil only under a doctor's supervision.

■ **Have elevated LDL** ("bad") cholesterol (above 130 mg/dL). There's evidence that taking omega-3s may actually increase LDL—possibly because they decrease triglycerides. Studies have shown that lowering triglycerides may increase LDL in some patients.

If, on the other hand, you have low LDL levels (below 100 mg/dL) and very high triglycerides (above 500 mg/dL), your doctor may suggest Omacor, a new prescription drug that is a highly concentrated form of omega-3. It was just approved by the FDA to treat high triglyceride levels.

Studies show that 4 g of Omacor daily may lower triglycerides by as much as 45%. Just be sure that your doctor routinely monitors your cholesterol and triglyceride levels while you're taking this or any omega-3 fish oil at doses exceeding 3 g daily. 🍓

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Jack LaLanne

Exercise Secrets From Jack LaLanne

What the 91-year-old exercise legend is saying now.



When Jack LaLanne began his fitness career more than 70 years ago, most

Americans were not even aware of the health benefits of exercise. LaLanne, now a legend in the fitness world, opened the first modern health club in 1936, invented many of the kinds of equipment used in gyms today, such as the first leg extension machine and pulley machine using cables, starred in his own fitness show on television for 34 years and became known as the "Godfather of Fitness." Today, his goal remains the same as it always was—to help people stay fit and healthy.

Bottom Line/Health recently spoke with Jack LaLanne to learn his latest secrets to staying fit...

YOU DON'T HAVE TO GO TO THE GYM

It's great to belong to a gym and have a personal trainer, but many people don't have the time or money for this. Fortunately, there are many activities you can do at home that take only minutes to complete.*

What you can do: Walk up and down the stairs until your muscles tire. This is one of my favorite exercises. It works your leg muscles and your heart and lungs. If you feel unsteady, use a handrail.

Standing around? Run or walk in place by bringing your knees

*Check with your doctor before starting this—or any—exercise program.

as high as you can toward your chest. This gets your heart beating and targets your abdominal muscles.

Do you sit in a chair behind a desk? Stand up and sit back down 10 times quickly. Now, slow it down and do it five more times.

Also: Stand up with your feet shoulder-width apart. Make a fist with your fingers and raise your fists to shoulder height. Punch your arms toward the ceiling, bring your fists back to your shoulders and repeat. Start with 10 repetitions and work up gradually until you can do three sets of 10.

Watching television? Scoot down in your chair and hold on to the sides. Bring one knee to your chest, then the other, alternating and pumping like you're riding a bicycle. This works your abs, back, thighs, heart and lungs. Remember to start slowly and rest when your muscles tire.

Also: Do sit-ups. Lie on the floor or your bed so that your back is flat. Bend your knees, keeping your heels as close to your buttocks as possible. With your hands either behind your head or across your chest, try to sit up. Exhale as you raise up. Inhale as you lie down.

Bottom Line/Health interviewed Jack LaLanne, author of *Revitalize Your Life: Improve Your Health, Your Sex Life & Your Looks After Fifty* (Hastings House) and creator of eight exercise videos and DVDs. LaLanne is currently working on a new book of healthy recipes, *Cooking with Jack*, to be published in late fall. His Web site is www.jacklallanne.com

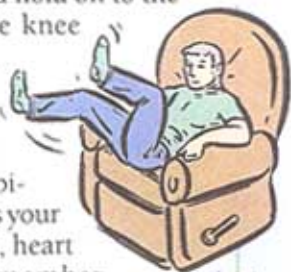


ILLUSTRATION BY SHAWN BANNER



Hay Fever: An Herbal Defense

Over-the-counter and prescription antihistamines and decongestants are heavily advertised and are a mainstay of treatment for most of the 20 million to 40 million Americans who suffer from hay fever. The fact that herbal therapy also can be effective as a treatment for hay fever is less well known.

Stinging nettle (*Urtica dioica*) is a flowering plant found in most temperate regions of the world.

In a clinical double-blind trial of 69 hay fever sufferers, 58% taking freeze-dried stinging nettle leaf daily for one week experienced a reduction of symptoms, such as sneezing and itchy eyes, compared with 37% of those receiving a placebo. The mechanism for stinging nettles' beneficial effect is unknown.

Typical dose: 450 mg in freeze-dried stinging nettle leaf capsules two to three times daily...or 2 ml to 4 ml of tincture three times daily. Take at the onset of symptoms and continue as needed.

Side effects are rare, but some people taking oral stinging nettle formulations experience mild gastrointestinal upset.

Stinging nettle should be avoided by people taking blood-thinning medication, such as *warfarin* (Coumadin). Stinging nettle has a diuretic (water-excreting) effect, so it should not be used by people with kidney disease.

Because herbs can interact with medication, consult an allergist or herbalist before trying stinging nettle.

Ara DerMarderosian, PhD, is professor of pharmacognosy (the study of natural products used in medicine) and Roth chair of natural products at the University of the Sciences in Philadelphia. He also is the scientific director of the university's Complementary and Alternative Medicines Institute.

Start slowly with five repetitions and work up to 10.

Important: Increase your workout intensity gradually.

MIX UP YOUR WORKOUTS

Sticking to the same old routine can become boring, making it harder to stick to regular exercise. Also, by doing the same routine your muscles eventually stop getting stronger.

What you can do: Change your workouts every three to four weeks, so that you are challenging your muscles to work harder. Without resistance, your muscles become complacent.

Example: If you walk regularly, walk up hills after you become used to walking on a level surface.

Also helpful: Try walking a short distance with your feet turned inward. Then repeat with your feet turned outward. All of these strategies provide resistance, which strengthens your muscles.

ADOPT HEALTHFUL EATING HABITS

You are never too old to learn to eat more nutritiously. You must replace bad habits with good ones.

What you can do: Avoid foods with added sugar and salt.

Also: Instead of cooking with oil, sauté in chicken or vegetable broth to cut calories. If you use oils, canola, olive and peanut oils are the best—they have low cholesterol. Eat plenty of whole grains, fresh fruits and raw vegetables. If raw vegetables are difficult for you to digest, lightly steam them.

How I do it: My wife, Lala, and I eat out regularly. For lunch, I usually have four hard-boiled eggs and eat only the egg whites. I also have soup with no cream and four pieces of fresh fruit. For dinner, a usual meal consists of a salad with eight to 10 raw vegetables, fresh fish and brown rice. Whenever I can, I bring my own salad dressing—a mixture of vinegar, canola oil, honey, soy sauce and a little

sesame oil. On the road, we stick to oil and vinegar.

SET NEW GOALS

Keep challenging yourself by making gradual increases in your fitness routine. For example, if you don't get much exercise, aim to walk a block the first day, a block and a half or two the second day, etc. Each day, walk a little farther, and before you know it, you'll be walking a mile. If you miss a day, reset your goals.

Exercising for 20 to 30 minutes three to four days a week is adequate to keep most people healthy and fit. Remember, our body is the only machine where the more you work it, the stronger it gets.

How I do it: My personal workout consists of one hour of weight lifting in my gym and one-half hour of exercises and/or lap swimming in the pool each day. I do not expect everyone to follow my regimen—but I have been doing this for more than 70 years, so I want to see how long I can continue.

JACK'S CARROT AND GINGER SOUP

I love soup and have it at least once a day, sometimes twice. My mother made delicious soup, and her specialty was carrot soup. Her recipe, which follows, is my favorite...

- 1 medium onion, diced
- 4 garlic cloves, minced
- 2 Tbsp. olive oil
- 2 lbs. carrots cut into 1" chunks
- 2 Tbsp. gingerroot, peeled and chopped
- 1 quart chicken stock, defatted
- Plain yogurt and sesame seeds for garnish.

Sauté the onion and garlic in oil for five minutes. Add carrots, cover and cook for 15 minutes. Add half of the ginger and all of the stock. Simmer 15 minutes. Add the rest of the ginger. Purée soup in a food processor or blender. Pour into bowls and garnish with yogurt and sesame seeds. Serves six. 🍲