

The Keys:

*8 Principles for
Achieving Better Health*



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THE KEYS

8 Principles for achieving better health

By
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A MESSAGE

Good Health is simple. It's something we all can achieve. We've already learned how to obtain it, but we often wander from the path.

This brief book is a reminder of what you already know.

Like Dorothy in Oz, we travel this long road, but will return to those principles that are within us. By activating them, we can create our reality.

Yours In Good Health,

Doctor Lakin

THE KEYS

No mysteries here. The Eight Keys are the essential tools to achieve good health. In this short book I will share them with you. Really, I'm going to remind you of them—you already know what they are.

Let's review them and I'll give you some practical direction to implement them in your life.

THEY ARE:

BODY:

ONE: Exercise Enough

TWO: Eat Better

THREE: Manage Your Weight

MIND:

FOUR: Keep Mentally Active

FIVE: Be Smart—Safe Habits

SIX: Relax/Rest

SPIRIT:

SEVEN: Express Love—Emotional and Physical

EIGHT: Do For Others

ONE: EXERCISE ENOUGH

EXERCISE A MINIMUM OF 30 MINUTES THREE TIMES PER WEEK

Increasing your physical activity is the single most effective method to improve your health.

Fat or thin, in perfect health or dealing with illness, the more active you are, the more you build up your body, strength and stamina and the better you are at staying healthy.

Now, you may say, “I’m active throughout the day--at work and at home.” Sure, this is physically active to a small degree, but this is not what I mean by physical activity. Unless you are digging ditches for a living, playing professional sports or are doing housework as

a profession (cleaning multiple houses during a day), this type of physical activity is not enough to maintain and enhance health.

Thirty minutes of physical activity (walking, running, hiking, swimming, biking, cross-training) done three times per week will give you enough conditioning to maintain solid cardiovascular health.

This was proven by Dr. Ken Cooper of the Cooper Clinic, over 40 years ago, in his landmark studies of physical activity and health and many studies since have demonstrated these benefits.

You certainly can exercise more, but this minimum amount:

- ✓ provides your heart with appropriate physical stresses to develop collateral (alternative) circulation within the blood vessels of the heart
- ✓ enhances muscular capacity in the legs and abdomen
- ✓ assists with balance and breathing

TWO: EAT BETTER

Drink more water (2-4 glasses of water...not soda or other liquids)

More fresh fruits

More vegetables

Less starch (potatoes, white breads, pastas)

More protein (lean meats)

The normal diet in America is the result of the modern industrial complex. Its focus is on feeding people—on a massive scale. To feed 300,000,000 Americans and provide them with their average intake of:

- 160 pounds of sugar per year
- 30 pounds of cheese per year

- 700 pounds of fruits and vegetables per year
- 200 pounds of meat (red meat, pork, and chicken) per year

(yes...these are the averages for the American Diet)

Your diet is based on many habits obtained over all the years of your life. Making major changes in it is very difficult. It is tough to break these habits. They are the results of repeated activities:

—from our grocery shopping approach/experience

—to our socializing (eating out often)

—and daily routines of convenience (Starbucks, Dunkin Donuts).

So...rather than trying to make a wholesale change in your diet, I recommend making incremental changes by making better choices that will result in substantial improvements over time.

Here is a simple list:

- ✓ Drink water instead of soda

- ✓ Fruits: apples, bananas, oranges, dates
- ✓ Vegetables: cucumbers, carrots, sweet potatoes
- ✓ Whole Grains: Whole grain breads or muffins
- ✓ Less Starch: Reduce portion sizes by half (when taking from a large bag, count out the number of almonds, chips or crackers you intend to eat) and eat less bread by removing half of the bread
- ✓ More Protein: Canadian bacon, chicken, lean meat cuts (sliced turkey/chicken)

THREE:

MANAGE WEIGHT

Lose Five Pounds (10 if you can) Join a Weight Loss Program

Americans are overweight. There are very few of us who are at our proper weight.

- Over 60 percent of Americans are overweight and over 25 percent are obese.

If you are at your proper weight, then there is no reason to get 'thinner and thinner' for health reasons, although you may have personal reasons to try to accomplish this goal.

Body Mass Index (BMI) a measure of weight-to-body surface area, is the best single measure of what your weight should be. Look at the BMI table on page 27 to check your score. A BMI over 25.0 is overweight. A BMI over 30.0 is officially obese.

Losing enough weight to be at a normal BMI may be beyond you right now. It is daunting, but you can begin down that path with a commitment to lose five pounds.

Do this by:

- Exercising five times per week for over 45 minutes (notice this is significantly more than is needed to maintain basic good cardiovascular health)
- Reduce daily calories by 200 a day (equivalent to consuming one less can of soda or one less bar of candy)
- If you would combine this dietary change with the extra exercise, you would lose one to two pounds per week

FOUR: KEEP MENTALLY ACTIVE

Keeping your brain healthy and your memory sharp is critical to long-term health.

The latest studies show that memory decline begins at age 45, much earlier than we previously thought. It is critical to keep blood flowing to the brain...that keeps it functioning at top capacity.

The most important activity to keep the brain healthy is physical activity (KEY ONE), but after that comes mental activity. This means active processes that require focus, attention and critical thinking. Watching TV or sitting in front of your computer does not meet this criterion.

Mental Activities That Accomplish This:

✓ Reading Books

- ✓ Playing Games with Others (card games, board games)
- ✓ Puzzling (Crosswords, JUMBLES, computer games)
- ✓ Conversing (talking about complex topics...not routine, day-to-day matters)

Make a special effort to participate in these activities at least three days a week...more if you can make the time.

FIVE:

DEVELOP SAFER HABITS

Be Safer:

- Reduce bad habits such as smoking/chewing tobacco. Less is better...so make an effort to reduce. If you can quit, of course this is the best.
- If you consume more than two alcoholic beverages per day, it's too much. Alcohol is healthy for us, but only in moderation. Multiple studies of this topic have been done and it's clear: two drinks per day are acceptable but more than that is unhealthy. The liver and nervous system will suffer and blood pressure rises.
- Wear your seatbelt at all times. Wear helmets when biking, roller skating/boarding, playing contact sports or baseball/softball or skiing.

- Keep up with routine medical care. I recommend:
- ✓ **Checking blood pressure yearly (every three months if you are under treatment)**
- ✓ **Checking cholesterol every two years if LDL (bad) cholesterol levels are consistently over 140**
- ✓ **Taking your prescribed medications regularly**
- ✓ **Getting a mammogram yearly for woman over age 40**
- ✓ **Undergoing a colonoscopy at least once after age 50 (earlier if there is a family history of colon cancer)**
- ✓ **Pap test yearly until age 50, then every three years after that...unless you've had a hysterectomy (in which case a pelvic exam is all that is necessary)**
- ✓ **Prostate check for men yearly (over age 50)**

SIX:

EXPRESS LOVE

Love is the most important of our emotions. It is the font of all positive energy and nourishes our inner lives. Love motivates us to seek out others and to expand ourselves, beyond ourselves.

Emotional love can be expressed in many ways and with many people in our lives.

- Family:
 - Express honest emotions and share your inner thoughts. If there are broken ties and strains (we all have them), be your ‘better self’ and try to bridge those areas.
- Friends:
 - Make connections with others. Develop meaningful connections and get

to know the people you are around day-after-day. Meet and try to connect with that person who works with you or whom you see every day during your routine activities. These people make up your world and they will enrich it if you connect on a personal level.

- **Animals:**
 - The emotional connection with animals is profound. Expressions of affection and warmth are genuine and can provide tremendous uplift. Animals also provide companionship and comfort without judgment.
- **Be More Physical With your Friends and Family:**
 - Physical contact has been shown to create positive hormonal and nervous system changes in ourselves and in others. Simple expressions of bonding, such as hugging, can provide an emotional and physical boost

- Sexual Love:
 - This is important with your significant other. Many times day-to-day stresses and routines can minimize these connections. Make a conscious effort to avoid this. Make time to connect physically and the emotional connections between the two of you will be enhanced.

SEVEN:

DO FOR OTHERS

When you assist someone less fortunate than you, a person in need financially, emotionally or physically, you create a positive mental energy in yourself and you enhance the hormones and chemicals in your brain. A good deed has a calming effect on the mind and enhances your sense of well-being and of self-worth

The human brain has the unique capacity to empathize with others...to imagine what their inner lives are like and how they would feel in certain situations.

These neurons (brain nerves) are called 'mirror' neurons. These 'mirror' neurons are enhanced when we do charitable acts or acts of kindness.

Improve your health through:

- ✓ **Charitable Giving**
- ✓ **Participating in organizations that do good works (religious or community charities or programs)**

EIGHT:

RELAX, DO NOTHING

In our very busy world of connectedness it's important to take time to disconnect and relax. Our bodies and minds were not meant to be in perpetual motion. Our native state is naturally less complex than the current world we live in.

Achieve a state of relaxation through passive activities:

- ✓ Watch TV (yes...this can be good for you...in moderation it is healthy, passive activity)
- ✓ Listen to music
- ✓ Do nothing...in other words...turn off your TV and computer
- ✓ Daydream
- ✓ Nap (but don't let it cause poor sleep at night)

IN CONCLUSION

Eight Simple Keys...but a long road to travel.
Use them and improve your life and your
health.

RESOURCES FOR THE 8 KEYS

KEY ONE: EXERCISE

HIKING/WALKING TRAILS:

Scottsdale & Phoenix:

<http://alltrails.com/us/arizona/scottsdale/hiking>

BIKING:

<http://tempebicycle.com/>
480-446-3033

FITNESS:

MountainSide Fitness
www.MountainSideFitness.com
480-889-8889

YMCA Scottsdale
www.ValleyYMCA.org
480-951-9622

Jewish Community Center
www.VOSJCC.org
480-483-7121

The Village Health Clubs:
www.VillageClubs.com
(480) 609-6979

LA Fitness (Paradise Valley)
www.LaFitness.com
(602) 404-4700

YOGA:

Scottsdale Community College
<http://plone.scottsdalecc.edu/hperd/yoga>
480-423-6000

KEYS TWO & THREE: DIET & WEIGHT

The DASH Diet

A 60-page diet printed by The National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Debbie Landau-West, RD (Personal Dietitian)

480-502-1633

<http://www.weightwatchers.com/>

<http://www.jennycraig.com>

1-800-597-5366

<http://nutritiondata.self.com/>

<http://www.ediets.com/>

<http://www.weightlossforall.com/>

<http://dietbites.com/>

<http://www.myfitfoods.com>

BMI CHART:

		WEIGHT															
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	
5'11"	14	15	17	18	20	21	22	24	25	26	27	28	30	32	33	35	
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	

KEY FOUR: MENTAL ACTIVITY

GAMES:

www.games.com

CARDS (BRIDGE):

<http://www.azbridge.com/>
480-990-3999

Scottsdale Senior Center (Recreation and
Classes):

<http://www.scottsdaleaz.gov/seniors>
(480) 312-5810

BOOKSTORES:

<http://www.changinghands.com/>
480-730-0205 (Tempe)

<http://www.barnesandnoble.com>
480-391-0048 (Scottsdale)

KEY FIVE: SAFE HABITS

HEALTH:

www.DoctorDoug.com

www.MayoClinic.org

www.SHC.org

SUBSTANCE ABUSE:

<http://drugabuse.gov/nidahome.html>

<http://www.samhsa.gov/>

<http://www.soberrecovery.com/>

<http://www.aa.org>

TOBACCO CESSATION:

<http://quitnet.com/qnhomepage.aspx>

<http://whyquit.com/>

<http://nysmokefree.com/>

<http://smoking-cessation.org/>

KEYS SIX & SEVEN: LOVE & OTHERS

Valley of the Sun United Way (Charity)

<http://www.vsuw.org/>

602-631-4800

Salvation Army

<http://www.salvationarmyusa.org>

602-553-0988

Boys & Girls Club of Scottsdale

www.bgcs.org

480-860-5520

Jewish Family and Childrens Services

www.jfcsaz.org

602-279-7655

Catholic Charities Community Services

www.catholiccharitiesaz.com

602-977-6105

Scottsdale Bible Church

www.scottsdalebible.com

480-824-7200

Liberty Wildlife (Wildlife rescue)

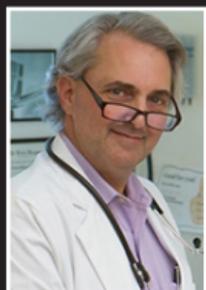
www.libertywildlife.org

480-998-5550

KEY EIGHT: RELAX

I am going to trust you to figure out this one for yourself!

*A little nonsense now and then is relished
by the wisest men. — Roald Dahl*



Douglas Lakin, M.D. is the son of Mervyn Lakin, M.D. Like his father he has had a long career in internal medicine.



Both doctors measure success in terms of something that cannot be calculated scientifically—and that is how their patients feel about the treatment received...and how their patients feel after being seen in the office. Now, with this book in the hands of his patients and others, Dr. Lakin is able to make both his expertise and concern available all the time.

Dr. Lakin is a graduate of ASU's Barrett Honors College, Johns Hopkins School of Medicine, and the University of Iowa Hospitals and Clinics. He has been a general internist in private practice in Scottsdale, Arizona for the past 22 years.



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