

Physical Activity—Chronic obstructive pulmonary disease is the fourth leading cause of death, and influenza is the fifth. All the more reason to maintain high respiratory efficiency through regular aerobic exercise and yoga breathing techniques.

Age 65-75

If you're just starting The Metabolic Plan, you can expect to experience dramatic changes in your energy level, followed by more gradual but no less important changes in skin tone, muscle tone, immunity, memory and mood. The watchword is patience. You thought that time was running out, but you can, through diligent effort, "buy" more time. How many decades would you like?

This is the time to

- Renew your commitment to not be a statistic and succumb to heart disease.
- Plunge into water-aerobics, which may be easier on your joints than a regular exercise class.
- Add brain-building challenges to your daily routine, to keep your cognitive functions sharp.

Major Concerns

- Cardiovascular Health (see age 45-55)
- Memory and Cognition (see age 55-65)

Kidney and Liver Function—Impaired detox function typically shows up during this decade. Make sure you're getting adequate hydration. Decrease your consumption of caffeine, soft drinks and alcohol. Increase fresh squeezed juice consumption, Aloe Vera, and add liver-support herbs (silymarin, wolfberry), and glutathione support nutrients such as NAC to your daily supplements.

Age 75+

If you've been on The Metabolic Plan, you're now experiencing a "second wind." It's a wonderful feeling to know that the "wall" of life expectancy (76.7 years) was just a curtain. If you're just starting, the motto "better late than never" was never more appropriate. Research shows that you can significantly increase muscle mass, bone strength, immunity, memory, mood and overall functional ability. You have a great deal more control over aging than you ever imagined.

Caution: *These recommendations are intended for generally healthy individuals without major medical problems. Individuals who have symptoms or significant medical problems should consult with a physician to receive personal guidance regarding each of these suggestions.*

Article is an excerpt from Stephen Cherniske's new book, *The Metabolic Plan*. Scheduled for release in Spring 2001 from Random House.



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