

- **Go for a walk!** While vigorous exercise is usually recommended for heart health, a recent study showed that brisk walking can be just as effective as activities like biking and swimming for reducing risk of heart attack.

Recommended nutrients

- 1 **Alpha ketoglutaric acid** is an important nutrient for anyone wanting to reach his or her peak performance—physically and mentally, and has been shown to increase stamina and reduce recovery time after exercise.
- 2 **Vitamin B-6** is needed for the conversion of glycogen to glucose in muscle tissue, and for quick energy formation.
- 3 **Glucosamine sulfate**—a major building block of cartilage, ligaments and tendons, can help increase flexibility and range of movement and restore healthy cartilage.
- 4 **Chondroitin sulfate** - helps cushion the joints and carries nutrients into the cartilage.
- 5 **Coenzyme Q-10 (CoQ10)** a vitamin-like compound, is a potent antioxidant and immune system booster that exists in every cell of your body. CoQ10 provides the "spark" that activates the enzymes which produce energy within the cells — the basis for normal functioning of all body systems and organs.

Sharpen Your Memory

Everyone has memory lapses like forgetting your keys, glasses and even your best friend's name. But in order for your memory to stay sharp—most of the time—you need to stimulate your mind.



- **Challenge yourself** by learning a foreign language, a list of vocabulary words or a new skill like painting.
- **Play the memory game** in which you lay out a grid of playing cards face-down, then turn over two at a time in search of matching pairs.
- **Write a poem; do a puzzle.** Your brain needs to be stimulated, challenged and exercised, just like the rest of your body!

Recommended nutrients

- 1 **Dehydroepiandrosterone (DHEA)** is secreted by your adrenal glands and declines with age. Supplementation appears to benefit fat burning, immune system activity, vigor and vitality, mood, mental clarity, memory, and cell building and repair.
- 2 **Gotu kola** has been used for hundreds of years in Ayurvedic and Chinese medicines to improve memory, concentration, and extend longevity.
- 3 **Kava** promotes deep physical relaxation while maintaining mental clarity.
- 4 **Taurine** is one of the non-essential amino acids and is necessary for healthy brain function.
- 5 **Ziziphus spinosa** a sour berry, is one of the major traditional Chinese brain tonics for treating insomnia and forgetfulness.




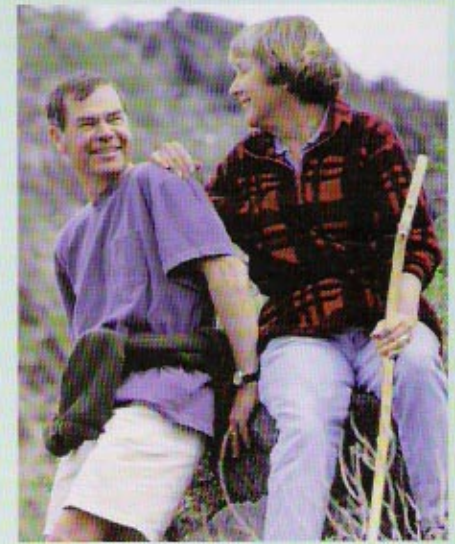
Preventing Osteoporosis

An estimated 7 to 8 million Americans have osteoporosis, another 17 million are at high risk. And the disease does not affect just women. Each year men suffer one third of all the hip fractures that

occur. The good news is that osteoporosis is preventable. Cultivating good eating and exercise habits, and supplementing your diet with a full-spectrum calcium supplement can make all the difference.

Recommended nutrients

- 1 **Boron** is a mineral important in preventing calcium loss.
- 2 **Calcium** is vital to building and maintaining bones and teeth, in addition to helping maintain proper nerve and muscle function; helping regulate heart rhythm and normal blood pressure.
- 3 **Vitamin D** is necessary for healthy bones and teeth, and for the proper assimilation and metabolism of calcium and phosphorus.
- 4 **Magnesium** is important in the proper metabolism of calcium and vitamin C. 



✓ Tips for Healthy Aging

from the National Institute of Aging

- 1 **Eat five helpings of fruits and vegetables each day.**
- 2 **Exercise regularly.**
- 3 **Get regular health check-ups.**
- 4 **Quit smoking, if you haven't already.**
- 5 **Practice safety habits at home to prevent fractures and falls. Always wear a seatbelt in the car.**
- 6 **Maintain contact with family and friends. Stay active through work, play and your community.**
- 7 **Avoid overexposure to the sun and the cold.**
- 8 **Limit your consumption of alcohol to one drink a day.**
- 9 **Organize your personal and financial records and make long-term housing and money arrangements.**
- 10 **Don't worry, be happy. Do things that bring pleasure to your life and avoid stress.**



Good Ol' Days

Move, Groove and Free yourself from joint pain and inflammation!

Address the real problems with **BONE & JOINT Complete Strengthen and Restore Formula** and put an end to your stiffness and lack of flexibility. As we age, our bones tend to lose minerals and our connective tissue loses structural proteins resulting in frail bones and stiff joints. Supplement your diet with key bone strengthening ingredients like glucosamine, chondroitin sulfate, microcrystalline hydroxyapatite and calcium for better bone and joint health.

Remember doing things the way you used to by doing them all over again! See page 31 for more information and ordering details or contact the Oasis Associate who gave you this publication.



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