



7 Lifestyle Tips from Harvard Health Letter by Robin Weiss

Diet and exercise are wonderful, proven ways to begin reversing many common health conditions as well as excellent lifelong strategies to help prevent them from manifesting in the first place. The April 2008 issue of the prestigious publication, *Harvard Health Letter*, looked at how to manage seven common medical conditions through simple lifestyle changes rather than via medication. This sensible advice is summarized below:

1. **Arthritis:** Losing weight often makes arthritis less painful, and exercise can improve mobility.
2. **Poor Cholesterol Ratio:** LDL levels may drop 5% by avoiding foods that are high in saturated fat. More soluble fiber may reduce LDL levels as well.
3. **Cognitive Decline:** Memory training and other “brain exercises” help, but physical exercise may benefit the brain in healthy older adults even more.
4. **Depression:** Regular physical activity has been shown to have a potent antidepressant effect.
5. **Diabetes:** Regular physical activity causes the exercised muscles to become more receptive to insulin. This helps it pull sugar in from the bloodstream thus controlling blood sugar levels. Eating foods with lower glycemic loads also helps.
6. **High Blood Pressure:** Weight loss, exercise, and consuming less sodium all lower blood pressure.
7. **Osteoporosis:** Weight-bearing exercise stimulates bones to deposit more minerals and become stronger.

Reference: drweil.com 2008