

MAKE 2010 YOUR YEAR TO SHINE

EXERCISE

For Men Only

IN PURSUIT OF TOTAL FITNESS

JANUARY 2010 ©

**GET THE ABS
YOU'VE ALWAYS
WANTED
IN LESS THAN
1 HOUR A WEEK!**

**BUILD A MUSCULAR
UPPER BODY
ANYWHERE**

**BIGGER
BICEPS &
TRICEPS**

IN 6 WEEKS

**IT'S TRUE...
SHOULDERS
MAKE THE MAN**
**TURN TO PAGE 74
TO BUILD YOURS!**

**STAND TALL WITH
POWERHOUSE LEGS**

**THE TRUTH ABOUT
STRETCHING**

**ESSENTIAL
CORE
CONDITIONING
FOR BETTER
HEALTH &
SUPERIOR
STRENGTH**

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WITH MR.
EXERCISE**

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HEALTH

>>> STATE-OF-THE-ART INFORMATION ABOUT HEALTH

Compiled by Felicia Pesis

WARD OFF DIABETES

According to Harvard Medical School, type 2 diabetes affects one in every 13 Americans. With being overweight listed as the number one risk factor for type 2 diabetes, it makes sense to seek out healthy foods that serve to lower your risk. As Harvard Medical School explains, the connection between an individual's weight and his/her risk for diabetes is based on fat cells that secret hormones and other chemical signals. This first causes insulin resistance and later leads to diabetes. Their recent reports, *Diabetes: A Plan for Living and Healthy Eating for Type 2 Diabetes* suggest several foods you should consume to decrease your risk for this disease:

•**Fiber.** Found in cereal, bread and whole grains, this food is the most important to consume in order to decrease your risk for diabetes. A diet rich in whole grains can lower your risk by an impressive 40 percent;

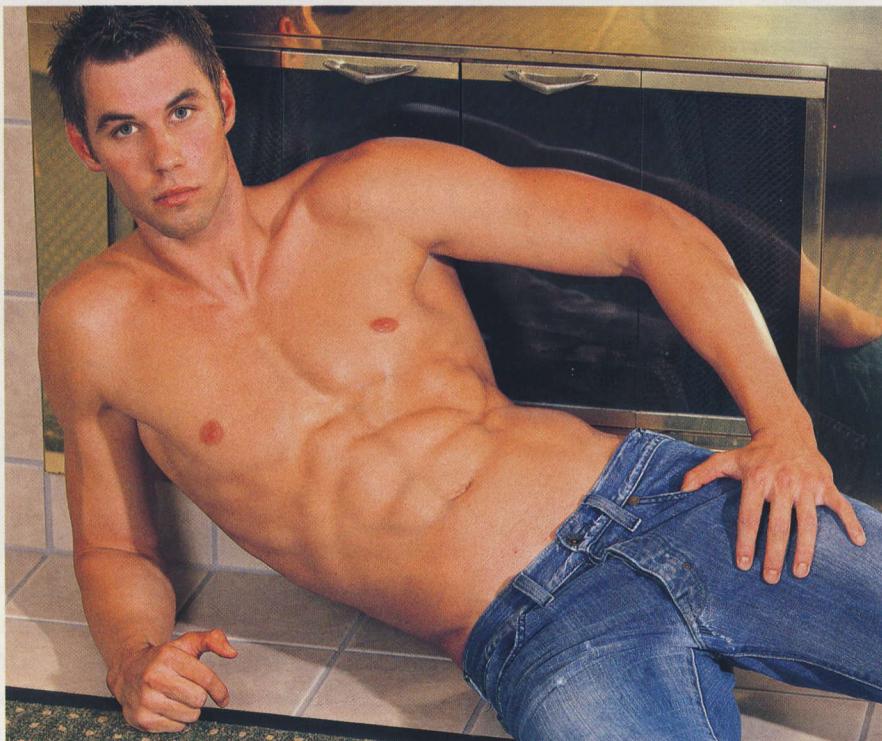
•**Coffee.** Caffeine addicts rejoice! Drinking one cup of coffee per day lowers your risk by 13 percent, while drinking 2-3 cups decreases it by 42 percent – good news, decaf or regular does the trick;

•**Moderate alcohol.** As surprising as it may sound, men who had 2-4 drinks per week had a 26 percent lower risk of having type 2 diabetes. Having 5-6 drinks further decreases your risk factor by 33 percent,

and consuming one drink per day cuts your risk by an impressive 43 percent;

•**Nuts.** Eating peanut butter or any other type of nut product can decrease your risk by up to 30 percent.

With the exception of alcohol, these products not only lower your risk for type 2 diabetes, but are also linked to weight loss.



So, eat up – both your waistline and your body will benefit!

Note: Pick up your own copy of *Diabetes: A Plan for Eating and Healthy Eating for Type 2 Diabetes* (\$18 each) at health.harvard.edu/SRH or by calling 877-649-9457.

SPICE IT UP

Who knew preventing cancer could be as easy as updating up your spice rack? Numerous antioxidant rich spices have been proven to prevent cancer. Jackie Keller, a

nutritionist and former American Cancer Society board member and honoree, discusses the top five spices you should keep on hand to lower your risk for cancer:

1.) **Ginger.** Gingerol, the main component that gives this spice its taste, has been proven to reduce metastases of cancer cells. It also helps fight against cancerous tumors;

2.) **Cayenne Pepper.** The main ingredient of cayenne pepper is Capsaicin, which promotes apoptosis. Apoptosis is the natural cycle of cell death within the body. The cancerous cells try to combat apoptosis, and when they are successful, the body is left weak and cancer-ridden. Capsaicin works to fight back against these harsh cancerous tumor cells;

3.) **Parsley.** Foods in the parsley family, such as cumin, dill and fennel, all contain phytochemicals, which have been shown to greatly protect the body against cancer;

4.) **Tumeric.** This spice is often used in curries, and it has proven itself highly effective at preventing metastases;

5.) **Basil.** This spice is most important to consumer during the early onset of cancer. Full of vitamins A and C, it also improves your immune system and has been shown to have anti-carcinogenic effects.

So, the next time you're cooking, enjoy new flavors and cancer-fighting benefits at the same time. To learn more about Jackie Keller, visit nutrifitonline.com.

LOWER YOUR RISK FOR DIABETES • SPICES TO PREVENT CANCER