

southern california

lifeafter50.com

# LIFE AFTER 50

MAY 2010

LOS ANGELES/VENTURA COUNTIES

**UNLOCK  
YOUR SKIN'S  
MORE YOUTHFUL  
NATURE**

DR. HOWARD MURAD  
SHARES HIS SECRET

**CHALLENGING  
THE CHANGE**

A POSITIVE APPROACH  
TO MENOPAUSE

**THE REAL FAIRY  
GODMOTHER**

MEET THE WOMAN WHO  
INSPIRED CINDERELLA'S  
FAIRY GODMOTHER  
IN THE CLASSIC  
DISNEY FILM

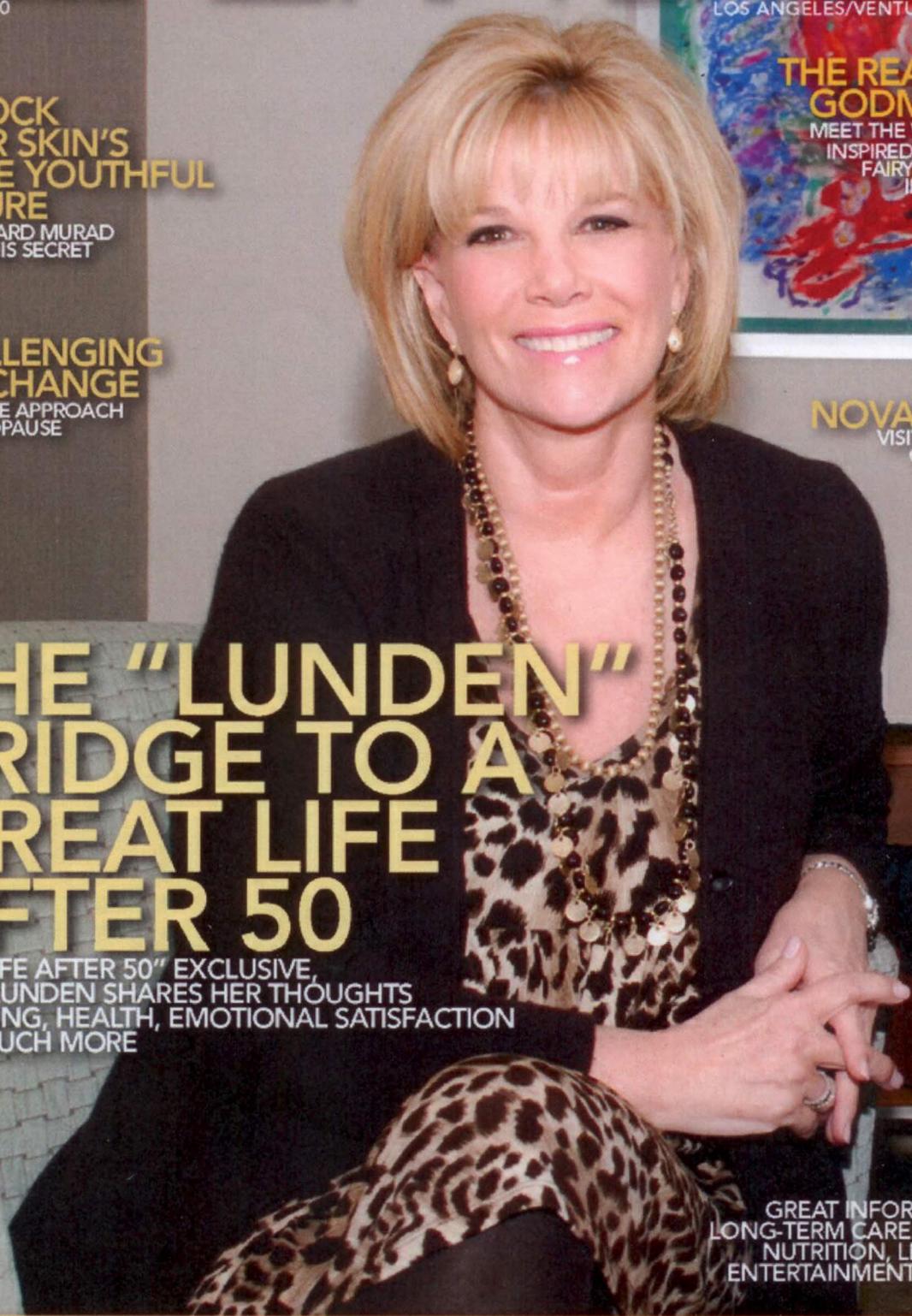
**NOVA SCOTIA**

VISIT THE LAND OF  
ONE HUNDRED  
THOUSAND  
WELCOMES

## THE "LUNDEN" BRIDGE TO A GREAT LIFE AFTER 50

IN A "LIFE AFTER 50" EXCLUSIVE,  
JOAN LUNDEN SHARES HER THOUGHTS  
ON AGING, HEALTH, EMOTIONAL SATISFACTION  
AND MUCH MORE

**PLUS**  
GREAT INFORMATION ON  
LONG-TERM CARE INSURANCE,  
NUTRITION, LEGAL ISSUES,  
ENTERTAINMENT AND MORE...



# COOKING, EATING, AND LIVING WELL

WITH NUTRITION EXPERT JACKIE KELLER

## WHAT'S A WOMAN TO EAT



Around the age of 50, women begin to notice their bodies start to change. Menstruation may simply stop, and many women also experience some weight gain, a hot flash at an inopportune moment, and night sweats. Some of my clients also complain about disturbed sleep, frequent urination at night, mood swings, attitude changes, irregular menstrual patterns, and vaginal dryness.

While these physical and psychological changes are obvious, there are many dangerous hidden changes that occur as well.

As estrogen levels in the body naturally decline, risks for certain diseases increase. Rates of heart disease in women jump significantly after menopause. Total cholesterol and LDL (“bad”) cholesterol levels rise in many women, while HDL (“good”) cholesterol levels fall. Muscle loss and subsequent weight gain occurs as a result of both age and changing hormone levels. Weight gain in adult years further increases the risk of heart disease and some cancers.

Another major concern with menopause is osteoporosis. Although osteoporosis is actually a teenage disease that presents late in life, most bone loss occurs around the time of menopause.

Although heart disease, osteoporosis and weight gain are commonly associated with menopause, they are not inevitable. Taking a proactive approach by making dietary and lifestyle changes can help decrease both the health risks associated with menopause and the “symptoms” that many women experience around the time of menopause.

### MID-LIFE MEALS

There is strong evidence that certain foods can actually help ward off menopause related changes and diseases. Foods that are high in phytoestrogens (plant hormones that act like human estrogens when eaten) can significantly reduce the prevalence of hot flashes, night sweats, and vaginal dryness. Phytoestrogens come from plant foods, and are especially high in flaxseeds and soy proteins, such as tofu, soybeans, soy flour, tempeh, and soy milk. Legumes, especially lentils and kidney beans, and fruits and vegetables like garlic, asparagus, broccoli, pears, and plums are also good sources of phytoestrogens.

Foods that are high in phytochemicals also help prevent heart disease by lowering LDL cholesterol, and prevent osteoporosis by supplying dietary calcium and estrogen to prevent bone loss. Certain plant chemicals also fight some cancers, like breast cancer, by

inhibiting cancer cell growth and division. Eating a more plant-based diet will also help cut calories by adding more fiber and replacing high fat, high calorie animal foods. This in turn will help prevent weight gain, and will even promote weight loss in some women.

If you want to try to add more phytoestrogens to your diet, start slowly. Try to eat at least five servings of fruits and vegetables a day, and at least six servings of whole grains each day. You may want to try new foods like flaxseed cereal, tofu or soy milk. Keep in mind that as you add these new foods to your diet, they should replace other less nutritious foods like red meat, pork, poultry, processed fluffy white breads, low-fiber, high-sugar cereals and high-fat dairy products.

You may also want to steer clear of hot spices that can trigger hot flashes. You should also watch your consumption of alcohol as it tends to spike estrogen levels.

Night sweats can be helped by sipping ice water, deep breathing, sleeping in all-cotton nightclothes and sheets, and turning down the thermostat.

### KEEP UP THE PHYSICAL ACTIVITY!

You’re exercising regularly, anyway – right? Regular physical activity should be a part of everyone’s healthy living

routine. Aerobic activity along with moderate resistance training is especially helpful for aging women. Endurance activities such as brisk walking for 30 minutes or more at least every other day helps reduce cardiovascular disease risk by lowering blood pressure, lowering LDL cholesterol and raising HDL cholesterol, and promoting weight loss or the maintenance of a healthy weight. Weight training is very effective in preventing weight gain by helping to maintain lean muscle mass that is normally lost with age. If muscle mass is lost, metabolism slows down, causing weight gain in the form of fat if calorie intake and output is not adjusted accordingly. Another benefit of exercise is that it also increases bone density in women, thus protecting them from osteoporosis. If you would like to start an exercise program, or devise a hot flash-friendly meal program, give me a call at (800) 341-4190. I’d be happy to work with you! ■

Jackie Keller holds a Bachelor of Science degree from USC, and received her culinary training from Le Cordon Bleu in Paris, France. She is a nutrition expert and the founding director of NutriFit, L.A.’s premiere healthy food company. You can learn more about Jackie and contact her via her Web sites: [www.nutritifitonline.com](http://www.nutritifitonline.com) and [www.JackieKeller.com](http://www.JackieKeller.com), or by phone at: (310) 473-1989

southern california

# LIFE AFTER 50

The monthly magazine for baby boomers and their parents,  
covering all of Southern California from Ventura to San Diego.

MAY 2010



## THE "LUNDEN" BRIDGE TO A GREAT LIFE AFTER 50

Television personality Joan Lunden, who turns 60 this year, sits down with "Life After 50" for an exclusive interview sharing thoughts on ageing, health, skin care, exercise, sleep, proper nutrition, emotional satisfaction and much more.



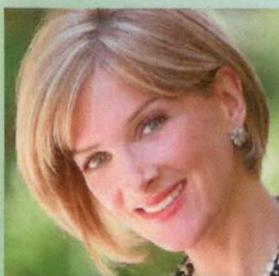
## THE SKIN YOU'RE IN

Our skin is the largest organ in our bodies, and yet it's easy to take our miracle garment for granted. If you offer skin care products, treatments or services, this issue will give you the opportunity to highlight what you do to keep skin healthy and looking its best at any age.



## COOKING, EATING & LIVING WELL

Licensed and certified wellness coach, nutrition educator and Le Cordon Bleu-trained culinary expert Jackie Keller explains how to cook healthy in a delicious way.



## CERTAIN AGE STYLE

Style matters at any age and image consultant Karen Karlsen helps you stay confident, current, credible and stylish

## WOMEN'S HEALTH

While ageing men and women have many of the same health problems, some diseases and conditions affect women differently, and some are more common or exclusive to women. If your service or product relates to women's health issues you will want to be a part of our May issue.



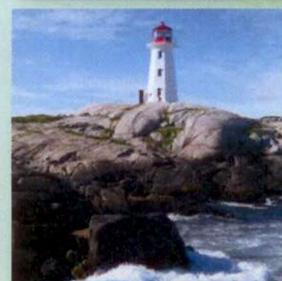
## EVERYBODY'S FAIRY GODMOTHER

Our May issue will celebrate Mother's Day by highlighting the woman who inspired Cinderella's Fairy Godmother in the classic Disney film.



## NOVA SCOTIA - THE LAND OF ONE HUNDRED THOUSAND WELCOMES

Experience the adventure and breath-taking beauty of a land and a people shaped by the sea as "Life After 50" Travel Editor Ed Boitano takes you to Nova Scotia.



## THE BEST IS YET TO COME

Our new monthly feature will offer great tips, ideas, suggestions and advise on just how good life over 50 can be, and your product or service should be included!



PLUS Calendar of Events, Health News, Television Reviews and More

