

Natural
Guide to
Healthy
Living

Vol. 1 Iss. 1

real
magazine

Could
Sunlight
Prevent
Cancer?

Why regular sun exposure
could save your life.

Re-train your
Travel

Second Wind
to **Exercise**

Zap the Yo-Yo
from Your **Diet**



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FINDING LIFE
BALANCE

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THE REAL PROMISE

The information age has betrayed us. Lost in the over-sized sea of print, broadcast and online media today is the art of being “real”.

Think about it. Ever notice how experts tell you things like “use artificial sweeteners” only to later flip-flop and say “artificial sweeteners are bad for you?” And then they flip-flop again, finally deciding that they’re okay in moderation.

Ever notice how the media thrives on sensational stories, usually at the expense of common sense truth?

We’re tired of it all. There is simply too much material out there today for the average person to decipher – let alone the average journalist. And a lot of it is way off base to begin with.

So if you feel like there’s nobody out there being “real” this magazine’s for you.

That’s our promise to you – we want to help you find your balance. We want to help you sift through misinformation. We want to help you enjoy your lifestyle. We want to help you:

- 1. Get Back to Basics.** All things considered, the simplest solution is usually the best, even if it isn’t the most profitable.
- 2. Get Natural.** With little exception, Mother Nature usually provides us with all we need. Sometimes we need help remembering this.
- 3. Get it Right.** It’s old school, but we think you should expect that from any source. We’re dedicated to accuracy and fairness.
- 4. Get Real.** Amen. How refreshing is that?

We hope you enjoy our magazine and agree with our no-nonsense approach. Thank you for reading.

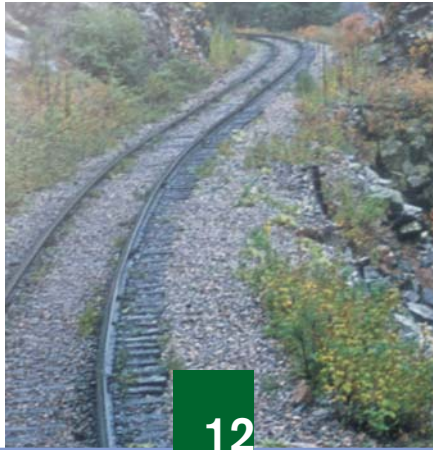
- *The Real publishers*

contents



HERE COMES THE SUN

The evidence is mounting that vitamin D produced naturally from sun exposure helps to slow or even prevent many forms of cancer. As science points to higher vitamin D recommendations, supplements alone won't get us what we need. Good day, sunshine!



RIDING RAILS

Getting there should be part of the vacation. That's the allure of scenery-rich train travel, a back-to-basics approach to A-to-Z. From Trans-Canada trips with grandeur to Amtrak's cross-country California Zephyr, kick the tires on train travel this year.



EASY WORKOUTS

Don't feel like building a gym in your basement? Don't sweat it. You can work a great exercise regimen into your daily routine without the hassle of equipment. Most of the time you just need a rug and a little bit of energy to get going.

get real	1
vitamin D	4
peers	10
get away	12
the pantry	15
good move	20
well-being	24
book it	26
keepin' it real	28

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Could Sunlight Prevent Cancer?

Science strongly supports regular, non-burning sun exposure

How often we have seen it – public health policies over-reacting to a trend, and then – after the science sorts things out doing an about-face and returning to a moderate, common-sense position.

If you've been following the sunshine-vitamin D story closely in the past five years, you're seeing it again. Sunshine – vilified by a down-right zealous dermatology and sunscreen community for 20 solid years – suddenly appears to be the key ingredient in what could be the biggest cancer prevention policy change in modern times.

It all centers on vitamin D – the nutrient aptly named “the sunshine vitamin.” Suddenly the good news about sunshine is everywhere, and the vitamin D community is bursting at the seams trying to tell this story: Healthy vitamin D levels are being associated with lower risks of several forms of cancer, heart disease, multiple sclerosis and other diseases. And it looks like you can't get high vitamin D levels through diet alone.

Good day, sunshine!

Scientists have known for decades that vitamin D is the catalyst that allows the body to process calcium, necessary for strong bones. Current vitamin D intake recommendations are based solely on this outcome – developed decades ago based on the amount of vitamin D in one teaspoon of Cod Liver Oil. That amount, it was determined, prevented the bone deformity rickets.



vitamin D

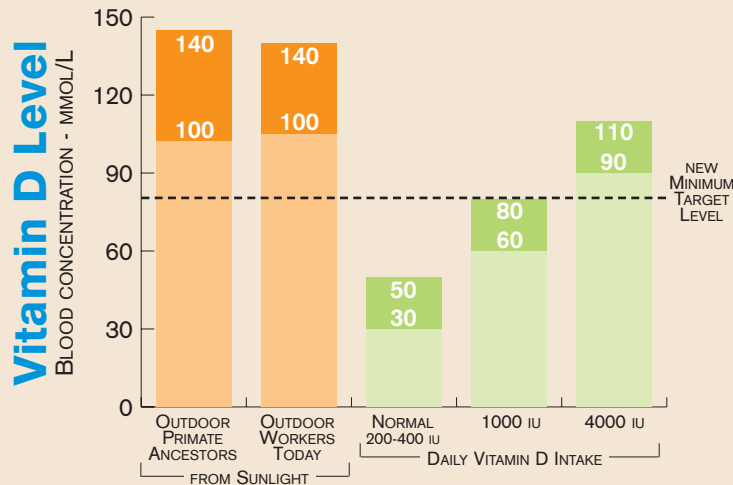
With the early 20th century problem of rickets put aside, vitamin D research slid quietly into the background for nearly half a century. A relatively cheap pharmaceutical item – and totally free when derived naturally from sunlight – nobody had any serious financial stake in vitamin D, so interest in research almost completely dried up.

Almost. But not totally – thankfully.

The vitamin D resurrection hit high gear in two landmark international conferences in Canada in the spring of 2006 – in Toronto in March, and British Columbia in April. At the spring conferences members of the growing worldwide vitamin D research community made their most credible and substantial case to date. Armed with hundreds of studies and papers written in the past decade – which as recently as five years ago garnered little attention in the scientific community – vitamin D advocates took center stage by underscoring the following findings:

- Because of the northerly latitudes and relatively weak sun exposure, most Canadians and most Americans living north of Atlanta are either vitamin D deficient or are at risk for vitamin D deficiency.
- The recommended daily intake of vitamin D for Americans and Canadians – long set at 200-400 international units (IU) – is woefully inadequate. The most aggressive researchers are pushing for levels from 1,000 IU to 10,000 IU – more consistent with levels one would receive naturally by exposing skin to sunlight.

Sunshine vs. Diet: The Sun Has It



UVB from sunshine is the body's natural source of vitamin D. It's rare in diet, naturally present only in fatty fish and supplemented into some dairy products. But current dietary recommendations, 200-400 IU, fall well short of raising vitamin D blood levels to natural levels now advocated by vitamin D researchers.

Source: Dr. Reinhold Vieth, University of Toronto

What About Sun Damage?

No doubt about it: Your body makes Vitamin D naturally when it is exposed to the sun. But how do you do this without damaging your skin?

Practice sunburn prevention – not total sun avoidance. Sunscreens should be used only to prevent sunburn – not over used as year-round daily use products. Doing so isn't natural and it almost completely blocks your body from making any Vitamin D.

If you want to get real, bring your sun-safety practices back to the center. Enjoy the sun with intelligent moderation.

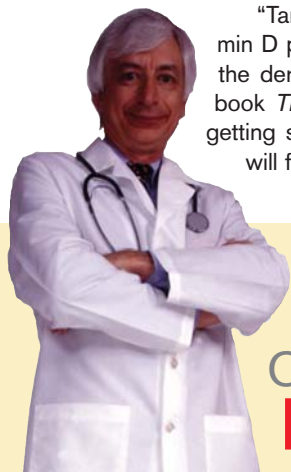


- Old concerns about vitamin D toxicity associated with higher levels of supplementation may be wildly overstated – a finding that, if validated, would pave the way for higher supplementation recommendations.
- At higher levels, it may be impossible to achieve proper vitamin D fortification through diet and supplements alone – a possibility suggested by both vitamin D researchers and dietary science specialists. This barrier has since made it necessary for public health officials to recognize that sensible sun exposure has to be part of the equation or the public risks vitamin D deficiency.
- Old public health suggestions that people only need 5-10 minutes of sun exposure to their hands and arms to make vitamin D may be far from accurate. For a fair-skinned individual it may take 10-15 minutes of full-body sun exposure to make sufficient vitamin D, and that time period may increase up to 10-fold for a person with dark skin.
- More research is needed, but it seems clear that old-guard recommendations regarding vitamin D fortification and sun avoidance are no longer on solid ground.

reality bytes

Melanoma skin cancer isn't directly related to sun exposure, probably just sunburns. It's more common in indoor workers than outdoor and on parts of the skin that don't get regular sun exposure.

vitamin D



He Dared to Challenge the Dogma

"Tanned skin protects you against sunburn," says vitamin D pioneer Dr. Michael Holick, who was demonized by the dermatology community after he wrote the consumer book *The UV Advantage* (see related story). "If you avoid getting sunburned, the benefits of moderate sun exposure will far outweigh the possible dangers."

Holick, who has published a few hundred academic papers in his 35-year vitamin D career, has long argued that the public message about sunshine needs to come back to center – back to intelligent moderation. With more researchers catching on and stepping up, he is being vindicated.

As are the University of California-San Diego vitamin D research duo Dr. Cedric F. and Dr. Frank C. Garland – brothers who bravely proclaimed in the 1980s that sun exposure, which produces vitamin D

Boston University vitamin D guru Dr. Michael Holick spent 35 years as a vitamin D pioneer and is one of the world's most published researchers on this topic. A professor of medicine, physiology, biophysics and dermatology, Holick penned a consumer book called *The UV Advantage* in 2003 to tell the natural vitamin D story.

Shortly thereafter, Dr. Barbara Gilchrist, chair of Dermatology at Boston University, asked Holick to resign his dermatology post, calling his work "schlock science." Holick stepped down, not wanting to be in a department that didn't want him.

But nobody's calling Holick's work "schlock" anymore. With the vitamin D community mobilized and bolstered as it is today, dermatologists are going to have to re-think their schlock position of total sun-avoidance.

See www.UVAdvantage.org for more on Holick's book.

naturally in humans, appeared to prevent colon cancer.

The 1980s research community – drunk with its purely negative message about sunlight – dismissed the Garlands as renegades without much analysis. But the Garlands are back, penning a landmark paper with 226 separate research citations in the February 2006 *American Journal of Public Health*. The paper vindicates their earlier work in a big way.

The Garlands reviewed a total of 63 observational studies that have ever examined the role vitamin D might play in protecting against colon, breast, prostate and ovarian cancers. As it turns out:

- **COLON CANCER:** 20 of 30 studies conducted to date have found a statistically significant benefit of vitamin D or sun exposure on cancer risk or mortality.
- **BREAST CANCER:** Of 13 studies ever conducted, nine reported a favorable association of vitamin D or sun exposure on cancer risk.

reality bytes

Sunscreen completely blocks natural vitamin D production in your skin. Use it only when sunburn is a possibility.

- **PROSTATE CANCER:** Of 26 studies, 13 found a statistically significant association of vitamin D or sun exposure on cancer risk.
- **OVARIAN CANCER:** Five of seven studies found higher mortality associated with lower regional sunlight or lower vitamin D intake.

And this isn't just a correlation with no explanation anymore. The chemical mechanisms by which vitamin D and its metabolites regulate cell growth are now fully understood. Most of this understanding has evolved in recent years – 149 of the 226 studies cited in this new paper have been published in the last 10 years, with much of the key work coming in the past five years.

These results, coupled with the now-understood mechanisms by which vitamin D prevents cancer cells from growing and spreading, are the icing on the vitamin D cake. This research can no longer be ignored or dismissed.



Who's Talking 'D'?

Among the most prominent and vocal vitamin D researchers and advocates are:

- **Dr. Mona Calvo**, FDA nutritionist: Dietary vitamin D is scarce; falls short without sun exposure.
- **Dr. Terry Dwyer**, children's health expert, Australia: vitamin D lowers multiple sclerosis risk; strongest results are with sun-induced vitamin D.
- **Dr. Cedric F. Garland**: University of California epidemiologist began researching sunlight's anti-cancer relationship in the 1970s.
- **Oliver Gillie**, *British Health Advocate*: We are dying in thousands from diseases linked to vitamin D deficiency, thanks to over-blown sun protection warnings.
- **Dr. Edward Giovannucci**, nutrition and epidemiology, *Harvard School of Public Health*: Colorectal, prostate and breast cancer risk reduction with vitamin D.
- **Dr. William Grant**, former NASA climatologist and *SUNARC* founder: Sun-induced vitamin D lowers cancer risk.
- **Dr. Robert Heaney**, osteoporosis expert, *Creighton University*: vitamin D recommendations should be increased five-to-10 times to 2,000 IU/day.
- **Dr. David Hanley**, calcium expert, *University of Calgary*: vitamin D deficiency is epidemic, with effects on bone health.
- **Dr. Michael Holick**, vitamin D pioneer, *Boston University*: Hundreds of published papers on the positive effects of vitamin D; wrote *The UV Advantage* in 2003 and was asked to resign from the dermatology faculty.
- **Dr. Bruce Hollis**, pediatrics, biochemistry and molecular biology, *University of South Carolina*: Sun exposure is the most efficient way to make vitamin D.
- **Dr. Reinhold Vieth**, bone and nutrition expert, *University of Toronto*: Current vitamin D levels are far-below our outside-living ancestors.
- **Dr. Susan Whiting**, *University of Saskatchewan* nutritionist: Northern populations get very little sun; are at even higher risk.

For More Information:

- www.UVAdvantage.org
- www.VitaminDcouncil.com
- www.VitaminDSociety.org
- www.TanningTruth.com

Editor's Note: Each issue of "Real" contains an interview with an everyday person who chooses to lead a healthy, well-balanced lifestyle, despite the demands of a hectic schedule. Read on to see how your peers – people just like you and me – do it.

Living with Patients and Patience

Dr. Sandy Russell lives the same busy existence you would imagine any doctor would. When you throw the responsibilities of being a mother and running a household into the mix, Russell barely has time to see the light of day. She doesn't let that deter her from maintaining the same healthy frame of mind she urges her patients to have; she still tries to balance nutrition and exercise with having fun and hanging with her kids.

She talks more about her daily routine and her life philosophy in the following:

Real: *So, how long have you been practicing medicine?*

SR: It's been 11 years. I went to Michigan State University for my undergrad and for medical school.

Real: *Tell our readers a little about your practice.*

SR: It's fairly large. There are four other doctors, a nurse midwife and a nurse practitioner. So there are seven of us total.

Real: *What's your favorite thing about your job?*

SR: Two things: I like delivering babies and I love performing surgery.

Real: *You probably don't have much time for hobbies.*

SR: No, not really (laughs). I like to swim and golf. Right now I'm training for this year's Chicago Marathon.

Real: *It seems like it would be hard to be a physician without practicing what you preach. But you also don't have much free time. Do you exercise regularly?*

SR: Yep. Six days a week. I get to the gym two times per week. Otherwise, you'll catch me running, swimming, weight-training...

Real: *What about nutrition?*

SR: I try to eat right. Three meals and three snacks a day. Small, frequent meals that include a lot of protein.

Real: *You look tan. When do you find the time?*

SR: Honestly, I tan indoors. It just seems more sensible to tan in a controlled environment. I generally go twice a week or so.

Real: *Do you read anything besides medical books and magazines?*

SR: (laughs) I like romance novels.

Real: *Tell us about your family.*

SR: My husband is a physician, too,

and we have six kids. The oldest is 28 and the youngest is 9.

Real: *A family that size and your career? You seem so sane and patient for somebody with such a hectic lifestyle. Do you have a special philosophy on life?*

SR: The older you get, enjoy your life more. Think about work less. Also, only you can make yourself happy. Nobody is going to do it for you.



Sandy Russell, D.O. – Obstetrics and Gynecology

Planes, Trains and Automobiles

Whatever happened to traveling the world by way of a smoke-streaming, formidable and somewhat mystical choo-choo train?

In a day and age where a gallon of gas costs more than lunch at a fast food restaurant, it's obviously time to reconsider family vacations via road trip. But, what if you still want to see the sites along the way when you're traveling? You want to see the tumbleweed drifting by and see the locals' customs (okay, maybe that's pushing it, but you get the point).

Instead of jumping to the cool and isolated "let's see how many frequent flyer miles we have" mindset, maybe mull over the possibilities a train trip presents: more interaction with your family, the chance to see the countryside through which you're traveling, sometimes gourmet food along the way and many, many more.

Train travel can be as simple as a four- or five-hour Amtrak jaunt between cities – a perfect journey for small children. Or, think of something as exotic as "The Orient Express."

USAToday.com ran an Associated Press story last year that outlined some potential international train journeys. Read on:

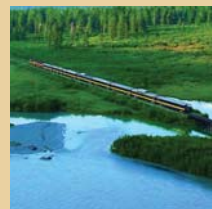
Amtrak spokesman Clifford Black told National Geographic Traveler that at least half the riders on Amtrak's 52-hour California Zephyr (from San Francisco to Chicago) chose trains over cars or planes for the scenery and amenities.

Scenic train trips are also a good way to experience international destinations.

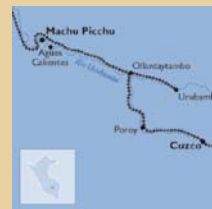
Noteworthy train rides around the world recommended by National Geographic Traveler include:



• Canada's Rocky Mountaineer trains, including two new services in 2006, a three-hour Vancouver-to-Whistler run and a two-day Whistler-to-Jasper; RockyMountaineer.com.



• Alaska's Anchorage-to-Fairbanks run on the Denali Star, a 12-hour trip with 180-degree overhead views through a 10-foot-long glass-covered viewing platform; AlaskaRailroad.com.



• Peru's Hiram Bingham train, a 3 1/2-hour run from Cuzco to Aguas Calientes, the town below Machu Picchu, with arrival by midday, return at dusk with a four-course dinner; Orient-Express.com.

CELL PHONE TRAVEL TIPS*

For most of us, a cell phone is as much a part of our packing list as a toothbrush. While cell phones are invaluable to make and receive calls, that little electronic marvel in your pocket is chock-full of nifty travel tricks you may not have imagined.

1. FLASHLIGHT

Most contemporary cell phones have a very bright display that can be used as a flashlight in a pinch.

2. PHOTOGRAPHIC MEMORY

Cell phones have photographic memory – literally. Don't want to forget your room number? Shoot a picture of the number on your door so you can later recall whether it was room 1114 or 1411.



3. TRAVEL ALARM CLOCK

Nearly every cell phone has a built in clock, and most automatically reset to the local time simply by turning them off and on.

4. ELECTRONIC ROLODEX

Before you head off on your next trip, program in a few extra phone numbers such as your airline's customer service number, hotel reservation line and rental-car company phone number.

5. Flight Status Notification

Most airlines offer a Flight Status Notification on their Web site which takes advantage of your phone's SMS messaging. Just visit the site's

flight notification page and enter the flight number and date, along with your SMS address. A few hours before departure, you'll receive a notification directly to your phone of your flight's status along with gate number and other details.

6. FINGERTIP INFORMATION

One of the slickest uses for your phone's SMS messaging is a free

service from Google called Google SMS. It's like having local Yellow Pages in your pocket. For example, you can send a short text message such as "Pizza 91320" to the phone number 46645 (GOOGL spelled with the numeric phone keys) and in a minute or two you will receive a text message back with all the pizza joints in that ZIP code. For more information go to the Google SMS Web site at Google.com/SMS.

So, dig out your cell phone manual and learn how to use its features. A few minutes invested will pay dividends when you hit the road. Happy Travels!

**From Magellans.com*

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Yo-Yos are No-Nos

Find Better Structure in MyPyramid

Let's face it – if a magic pill could be found that would boost your metabolism, allowing you to shed excess weight and keep from gaining any in the future, we would all gobble them up greedily. In the same way no such pill exists, neither does a magic “diet” in the sense that we know the word “diet.”

Cheryl Koch, a registered dietitian and director of the food and clinical nutrition programs from Johns Hopkins Bayview Medical Center, urges a “moderation diet” based around the MyPyramid structure. MyPyramid sensibly reminds us all that one size doesn't fit all when it comes to choosing a healthy diet.



That being said, what DOES make a diet healthy? The low-carb followers may tell you that carbs are dangerous, yet the diets they follow, often laden with bacon and full-fat dairy products, disregard the health implications of a high-fat diet. Others will tell you meat and other animal products are unhealthy, and some will advocate certain miracle foods like grapefruit.

Koch reminds us the most important thing is to keep it balanced. Using the new MyPyramid is a great way to ensure balance by including foods from all major food groups. Nutrients such as protein, carbs and fat are required for growth and development. No matter what foods you eat, they are all broken down in the body into one or more of these three main nutrients.

MyPyramid can be found online at MyPyramid.gov.

Fat

It's a big “Duh!”, but remember to use fat in moderation. Koch says your goal should be 30 percent or fewer calories coming from fat. Fat isn't always evil – it's important for many bodily functions: it provides insulation, carries fat-soluble vitamins we all need and provides a reserve energy supply for the body. Fat is a concentrated source of energy commonly found in animal products, but for the vegetarians out there, it can also be found in oils, nuts and seeds.

Carbohydrates

Include carbs, especially fiber. Carbohydrates are the main source of energy for the body and the easiest form of energy for the body to use. Fiber is considered a carb and has many health benefits, including helping the digestion process and lowering total blood cholesterol levels. Koch says at least 25-30 grams of fiber per day is recommended.

Protein

Koch says protein needs are individual but usually average between 50-100 grams per day. Proteins are needed for growth, development and tissue repair. They are essential for the formation and function of blood, enzymes, cells and antibodies to fight disease. Proteins usually come from animal sources but can also be found in plants such as beans, nuts, seeds and legumes.

Portions of this article were taken from Yahoo! Health and were provided by Johns Hopkins Medicine.

Baked Ziti with Vegetables

- Ingredients:**
- 2/3 cup uncooked ziti (about 2 ounces)
 - 1 can (14 ounces) low-sodium tomatoes, drained (reserve 1/2 cup of the juice)
 - 1/2 cup sliced carrots
 - 1 cup chopped broccoli
 - 1/2 cup diced green or yellow bell pepper
 - 1/4 cup sliced mushrooms
 - 2 garlic cloves, minced
 - 1 teaspoon dried basil
 - 1 teaspoon dried oregano
 - 1/2 teaspoon ground black pepper
 - 1/2 cup reduced-fat mozzarella cheese
 - 1/2 cup Parmesan cheese

Directions:

Preheat the oven to 375°F. Lightly coat a baking dish with cooking spray.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a nonstick frying pan over medium heat, add the reserved juice from the canned tomatoes. Stir in the carrots, broccoli and green pepper. Saute the vegetables until tender, about 5 minutes. Add the mushrooms and garlic and cook for another 5 minutes.

Add the tomatoes, basil, oregano and black pepper to the vegetable mixture. Cook over low heat for 3 to 5 minutes.

Transfer the cooked vegetables to a large bowl. Add the cooked pasta and mozzarella cheese. Toss gently to mix. Spoon the mixture into the prepared baking dish. Sprinkle with the Parmesan cheese. Cover with aluminum foil and bake until the mixture is hot and bubbly, about 30 minutes. Remove the aluminum foil after 15 minutes.

Divide the pasta among warmed individual bowls. Serve immediately.

Nutritional Info:

Calories	360
Carbohydrate	45 g
Fiber	9 g
Total fat	11 g

*Recipe provided by
MayoClinic.com.
<http://www.mayoclinic.com/health/healthy-recipes/NU00463>*

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Having a Great Time... Working Out

Fun and exercise. Can you put those two words into the same sentence without laughing?

If you're still associating regular exercise with something people with unlimited free time do to make the rest of us feel guilty or with repressed experiences from your high school gym class, it's time to get real.

It's not as hard as you think if you break it down. If you've fallen off the exercise bandwagon, or if you've never been with the program at all, we'd like to suggest a few real solutions to get you going.

1. THE BIG SECRET: HIKING IS WALKING.

What is it about the term "hiking" that intimidates most people? Is it the thought of a granola-snack filled back pack, expensive workout shoes and rugged terrain? As it turns out, hiking (drum role, please)...is just walking, and you can do it anywhere, any time, at any pace you like and with anyone you want – no granola required.

May we suggest:

- **LUNCH HOUR.** One or two days a week, take a walk on your lunch hour, skip the meal and just grab a piece of fruit. Bananas are easy carry-alongs.
- **FAMILY WALKS.** Once or twice a week, forget television and take a family walk. In addition to being a bit more active, you're likely to learn something you didn't know about your husband, wife or kids. Walk in the mall in the winter. Walk anywhere else when the weather permits.
- **MORNING WALKS.** Twenty minutes in the morning gets your day started the right way. It's a jump start that, once you get going, makes you feel ahead of the game. Try one or two mornings a week – you might get hooked.

2. HIT THE FLOOR

Some of the best exercises don't require equipment and are 100 percent free. While our culture often glamorizes expensive workout gear and equipment, there's no beating the basics.

Give these a try – all you need is a nice soft piece of carpet or an exercise mat and room to lie down:

- **KNEE PUSH-UPS** – you've come to know them as "girl" push-ups – are great everyday workouts and you don't have to be Rocky Balboa

to get through them. Got five minutes? Do them in sets of 10 or 20. You can get two or three sets in with a rest in-between. Try it in the morning before you get in the shower, or at night before you go to bed. These are great for your arms, shoulders and your chest.

- **TV Bicycle Crunches** – Great for your abdominal muscles, all they require is a nice comfy floor and are great in-front-of-the-TV exercises. Simply lie on your back with your arms behind your head and keep your legs about an inch off the ground. Then lift one knee up and touch it with the opposite elbow, repeating this step with the opposite knee and the opposite elbow. Try to do 20 of them and then rest for a few minutes before doing 20 more. Great for the belly.
- **PLANKS.** It's so simple you've probably forgotten it. But it's great for your abdominal muscles. Simply lie face-down on the floor. Keeping your forearms flat on the ground, lift yourself up with your toes and your elbows, keeping your back flat and parallel to the ground. Hold your position for 30-60 seconds, sucking in your belly.

3. CLEAN HOUSE

Okay, so exercise isn't fun, and cleaning house isn't fun. Is it possible to mix the two and create something fun?



How many people do you know who join a gym and hire a gardener? Couldn't you do some of the house and garden work yourself and skip the gym?

The key to housework and yard work is not to make it overwhelming – then it truly is a chore. But break it up into 30- to 45-minute segments, and what was work can actually become a therapeutic break in your day – especially if you have a desk job.

4. PLAY WITH YOUR KIDS

It's painfully obvious, yet something we probably don't do as often as we should. If you don't have kids, substitute "your pet" for your kids.

Put dignity aside and chase your kids around. There's plenty of dignity in that kind of parent-child bonding. And you get some good exercise out of it to boot.

5. GO WITH THE GROUP

Take any of the previous ideas and do them with your best friend. Or a group of your friends. Chances are, it'll make time fly and keep things interesting.

The point is to make exercise second nature – a fun part of your routines that you look forward to. By keeping it simple and keeping it accessible to you, you're more likely to stick with the program.



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Shut Up, Stop Whining and GET A LIFE!

BY LARRY WINGET

Editor's Note: Larry Winget is our kind of guy. When it comes to personal development, he cuts to the heart of an issue and doesn't dance around it. He's one of America's top motivational speakers, probably because he despises the term "motivational speaker." We asked Winget to discuss his extraordinary book, Shut Up, Stop Whining and Get a Life.

I want to shake you up and wake you up. I want to make you mad. I want to make you sick of accepting less than the best for yourself. I want you to become disgusted with your life and I want to create in you an intense desire to have more, do more and most of all, become more. I want you to see you can create the life you want. I want you to have it all. But in order to do that I may have to kick your butt and tick you off a little along the way.

For some of you the approach may seem harsh, but some of you will barely be disturbed. It just depends on where you are in your life. If someone is deeply asleep, sometimes you have to shake that person very hard to make him fully awake. If he is just dozing, a little nudge is enough. For some of you this book will be your nudge. For others, it will be a rude awakening—a slap in the face.


This book is not like the other self-help books you have read. The market would not tolerate this kind of abuse as a rule. I think most of the books on the market today just help people suffer in comfort. They are a pacifier for

the most part. They want you to believe that regardless of how much your life sucks, that is okay; there are plenty of conditions that were beyond your control that led you to that condition. Those books sometimes do nothing but help you coat yourself in a shell that serves no purpose except to make it harder for the real truth—I mean the ugly truth—to get in.

My goal is not to help you suffer in comfort. My goal is to break through that shell to offer you some truths that will change your perspective, make you think, and alter your results. The way I do that is by getting in your face and shaking you up a bit in order to wake you up from the sleep of mediocrity.

It is pretty much like the mule and the two-by-four theory: You have to get the mule's attention first with the two-by-four in order to get him to do something. Consider this book to be the two-by-four in your life.

Order Shut Up, Stop Whining and Get a Life by visiting www.LarryWinget.com or purchase the book at www.Amazon.com.



"I don't give them hell,
I just tell the truth and
they think it is hell."

HARRY S. TRUMAN

Journalist Digs Up The Real Truth

Every so often a journalist comes along who doesn't buy into the conventional media system of reporting exactly what the public relations firms want written: spoon-fed, cookie-cutter stories that repeat and reinforce the same old news. And occasionally that journalist has the opportunity to freely tell his or her story.

That's exactly what veteran ABC News consumer reporter John Stossel has done in his second book, *Myths, Lies and Downright Stupidity: Get Out the Shovel – Why Everything you Know Is Wrong*.

Stossel, whose "Give Me A Break" segments have been a staple of ABC News' 20/20 program for years, is at his best uncovering urban myths and digging into the media's biggest failure: putting news into its proper perspective.

Start digging, as Stossel has done, and you'll get beyond the mass-media myths and discover things such as:

- We actually have more free time than we used to.
- There is no cancer epidemic.
- Tap water is just as clean as bottled water.

"Reporters are good at telling us what happened today: what buildings burned down, what army invaded, the size of the hurricane that's coming. Many reporters take astonishing risks to bring us this

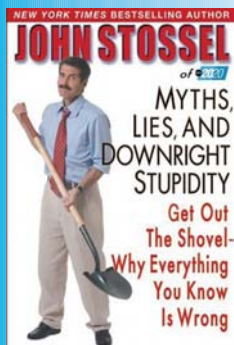
news. We owe them thanks," Stossel writes. "But when it comes to science and economics, and putting life's risks in perspective, the media do a dismal job."

And that is Stossel's greatest talent. He's earned 19 television Emmy awards and five awards from the National Press Club for his work. His first book, *Give Me A Break*, was a national best-seller. And his second book is following suit – largely because the public is figuring out that mass media often misses the real story, particularly when it comes to health and lifestyle news.

"Many in the media are scientifically clueless, and will scare you to death. We don't do it on purpose. We just want to give you facts. But the people who bring us story ideas are alarmed. Then we get alarmed, and eager to rush that news to you," Stossel writes. "We know that the scarier and more bizarre the story, the more likely it is that our bosses will give us more air time or a front-page slot. The scary story, justified or not, will get higher ratings and sell more papers. Fear sells. That's the reason for the insiders' joke about local newscasts: 'If it bleeds, it leads.' Also, raising alarms makes us feel important."

He continues, "If we bothered to keep digging until we found the better scientific experts, rather than the ones who send out press releases, we'd get the real story. But reporters rarely know whom to call. And if we did, many real scientists don't want to be bothered. Why get involved in a messy debate? It might upset someone in government and threaten the scientist's grant money. 'I'd rather be left alone to do my work, and not have to babysit dumb reporters,' one told me."

Bottom line: Stossel is getting real. And we approve.



TITLE: *Myths, Lies and Downright Stupidity*
 AUTHOR: John Stossel, ABC News correspondent
 LIST PRICE: \$24.95 or less.
 ORDER: Amazon.com
 MORE INFO: www.abcnews.com/2020/Stossel/



keepin' it real

THE PROBLEM:

A majority of North Americans are either vitamin D deficient or are at risk for vitamin D deficiency. There's a lot of misinformation about this problem and how to address it.

UNREAL:

"People who practice proper sun protection and are concerned that they are not getting enough vitamin D should either take a multivitamin or drink a few glasses of vitamin D fortified milk every day...Dietary intake of vitamin D can completely and easily fulfill our needs." – Dr. Raymond L. Cornelison Jr., then-president of the American Academy of Dermatology, in a July 3, 2003, AAD press release entitled, "Vitamin D + Sunshine = Bad Medicine."

GET REAL!

Humans make 90 percent of their vitamin D from sun exposure. That's the natural way. To recommend that supplements and milk (which doesn't naturally contain vitamin D – it is supplemented into homogenized milk) replace what Nature intended is unnatural as well as impractical. You would have to drink a full quart of fortified whole milk every day to attain the current median recommendation for vitamin D. What's more, that level is now regarded as considerably too low by vitamin D scientists, who foresee that recommendations will eventually be increased as much as 5 - 10 times the current levels. Imagine drinking that much milk!

There is also growing consensus that supplements and diet alone will not provide sufficient vitamin D without additional sun exposure to the skin. The American Cancer Society and the Canadian Cancer Society have both recognized that some sunlight in moderation is necessary and health experts worldwide are rethinking this.

It's time to get real! The only natural way to get vitamin D is to eat a lot of fatty fish – several meals a week at a minimum – or get some regular sun exposure. So what's a person to do? Mother Nature had it right all along – avoid sunburn and overexposure, but don't avoid the sun entirely.



UNREAL:

"Speculative at best." - Dr. James Spencer, one of the American Academy of Dermatology's most-quoted anti-sun pundits, in the June 2006 issue of Dermatology Times on research connecting health benefits with sunlight-derived vitamin D.

GET REAL!

One can only speculate how Spencer defines the word "speculative." Researchers have known for more than 60 years that many forms of cancer were much less prevalent in sunny parts of the world. Since then, the connection to sunlight and vitamin D has been established, and in the past decade the causative mechanism by which vitamin D plays an important part in cell growth regulation has been well documented. The studies are there – hundreds of them – and while further research is needed, calling the connection "speculative" is conspicuously unscientific.

Instead of supporting the logical continuation of research on sunlight-induced vitamin D – which has massive positive public health ramifications -- the dermatology industry's lobbying groups have simply denied that the science existed. That's not science – it's politics. They need to get real.

