Small steps and simple resolutions
You want to lose how much weight? You want to exercise how many times a week? Noble goals, indeed, but consider this—achieving good health is about small steps, not giant leaps. Try these four simple steps.
- **Take a daily multivitamin.** A good quality multi is the foundation of any nutritional program. Even the *Journal of the American Medical Association* has acknowledged that a multi is beneficial. Consider it extra health insurance.
- **Take walks.** Walking is a great way to exercise and it can be relaxing, as well. Try to walk outdoors, three times a week for at least twenty minutes per session.
- **Turn off the television at least one hour before bed.** TV stimulates the brain, causing us to feel more awake. Without TV you may notice it’s easier to fall asleep. Good quality sleep is vital to health.
- **Buy organic food for you and your pet.** Hey, pets are people, too. Organic food is as good for our pets as it is for us. Sales of all-natural cat and dog foods jumped nine per cent in 2002.

Healthy fats: reducing the risk of Alzheimer's
Alzheimer’s disease is the most common form of dementia, affecting one in 13 Canadians over age 65. Two new studies on the benefits of healthy fats for brain health are timely releases this January, Alzheimer's disease month.
In July 2003, *Archives of Neurology* reported that weekly consumption of fish and DHA (docosahexaenoic acid, an omega-3 fatty acid) reduces Alzheimer's disease risk by 60 per cent. Those with highest DHA intake had the greatest protective effect.
Similarly, in April 2003, the *American Journal of Clinical Nutrition* reported the results of a French study, which concluded that foods rich in omega-3s help prevent cognitive decline due to aging. The men and women, aged 63 to 74, with the greatest omega-3 fatty acid levels had the least amount of brain deterioration.
Omega-3s are found in salmon, tuna, flax, pumpkin seeds, walnuts, and dark-green leafy vegetables. Direct sources of DHA include wild salmon, lake trout, sardines, tuna, and anchovies. Supplements are also available.

Bringing arthritis to its knees
Hyaluronic acid is a special mucopolysaccharide that occurs naturally in our synovial fluid, which lubricates cartilage between the joints. It also plays an important role in tissue hydration and cellular function. Our bodies produce less and less of this acid as we age and our joints become stiff and painful; our skin appears dry and wrinkled.
Used extensively in cosmetics for its anti-aging and moisture retaining properties, hyaluronic acid may offer relief for osteoarthritis of knees and joints and for eye surgery because of its viscoelasticity and lubricating properties. A double-blind placebo study being conducted by Dr. K. Dean Reeves in Kansas City is investigating the value of using hyaluronic acid orally in treating osteoarthritis. It appears to be effective in slowing down and reversing the pain of arthritis.