

# Newsletter

*The latest news, views and announcements for the staff at Main Street Medical Supply.*

## *In This Issue*

### Nutrition for Aging

### Product Spotlight

### Main Street Medical Supply

p. 254-831-3093 Belton

817-736-2373 Granbury

e. [care@mainstreetmedicalsupply.com](mailto:care@mainstreetmedicalsupply.com)

a. 1225 N Main Street Belton TX 76513

1333 N Plaza Dr #102 Granbury TX 76048

w. [mainstreetmedicalsupply.com](http://mainstreetmedicalsupply.com)



## NUTRITION FOR AGING

National Geographic Explorer and best-selling author Dan Buettner has traveled the globe to uncover the best strategies for longevity, which he found in the blue zones: places around the world where higher percentages of people enjoy remarkably long, full lives. In his book *The Blue Zones Secrets for Living Longer*—now a documentary on Netflix: *Live to 100*, Buettner returns to Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Costa Rica's Nicoya Peninsula; and Loma Linda, California to check in on the super-agers there and interprets the not-so-secret sauce of purpose, faith, community, downtime, natural movement, and healthy eating that has powered as many as 10 additional years of healthy living in these regions. While none of the people aged 100 and up featured in the book or series set out to live as long as they have they do share insight that can help us all live our longest healthiest lives. We recommend picking up the book or watching the limited series because there are so many wonderful tips and insights. In this article, we will focus on food. We make food choices at least three times daily. So what are some of the best choices we can make? The centenarians interviewed don't count calories, take vitamins, weigh protein grams, or even read labels. They don't restrict their food intake—in fact, they all celebrate with food. Diets don't have to be restrictive punishments. *(continued on pg 2)*

Food should be a celebration of life, your life, and the life all around us. The particular foods important to blue zone centenarians vary from one culture to the next. Luckily the authors of *The Blue Zones* have analyzed the information and have found the best ways to translate those values for North Americans. Start with plants! See that 95% of your food comes from a plant or a plant product. Limit animal protein in your diet to no more than one small serving per day. While people in four of the five blue zones consume meat, they do so sparingly, using it as a celebratory food, a small side, or a way to flavor dishes. Favor beans, greens, sweet potatoes, fruits, nuts, and seeds. Whole grains are great too. The best of the best longevity foods in the Blue Zones diet are leafy greens such as spinach, kale, beet and turnip tops, chard, and collards. Studies have found that middle-aged people who consumed the equivalent of a cup of cooked greens daily were half as likely to die in the next four years as those who ate no greens. Researchers have also found that people who consumed a quarter pound of fruit daily (about an apple) were 60% less likely to die during the next four years than those who didn't. Eating greens and fruits sounds easy enough but where do you start? Keep your favorite fruits and vegetables on hand. Don't try to force yourself to eat ones you don't like. That may work for a while, but sooner or later it will fizzle. Try a variety of fruits and vegetables; know which ones you like, and keep your kitchen stocked with them. If you don't have access to fresh, affordable vegetables, frozen veggies are just fine. (In fact, they often have more nutrients in them since they're flash-frozen at the time of harvest rather than traveling for weeks to your local grocer's shelves.) Sauté vegetables over low heat in olive oil. You can also finish steamed or boiled vegetables by drizzling them with a little extra-virgin olive oil, which you should keep on your table. Stock up on whole grains. Oats, barley, brown rice, and ground corn figured into Blue Zone diets around the world. Use whatever vegetables are going unused in your fridge to make vegetable soup by chopping them, browning them in olive oil and herbs, and adding boiling water to cover. Simmer until the vegetables are cooked and then season to taste. Freeze what you don't eat now in single or family-size containers, then serve later in the week or month when you don't have time to cook. Buy seasonal and on sale. Try to make your plate colorful. Have fun with food, enjoy eating. (Source: BlueZones.com)

## Product Spotlight

VivaLift!® Ultra PLR-4955 has three different heating pads in the shoulders, lumbar and seat. Plus, the all-new air bladder massage system applies gentle pressure to your lower back, with three intensity settings to soothe your aches away. Of course, the Ultra features the discreet hideaway cup holder and wireless charging station. These favorite convenience features are what Pride customers have grown to love. Come in and test it out! The VivaLift!® Ultra PLR-4955 is just \$2900.



Ask us how getting a prescription from your physician can save you!