

May You Have

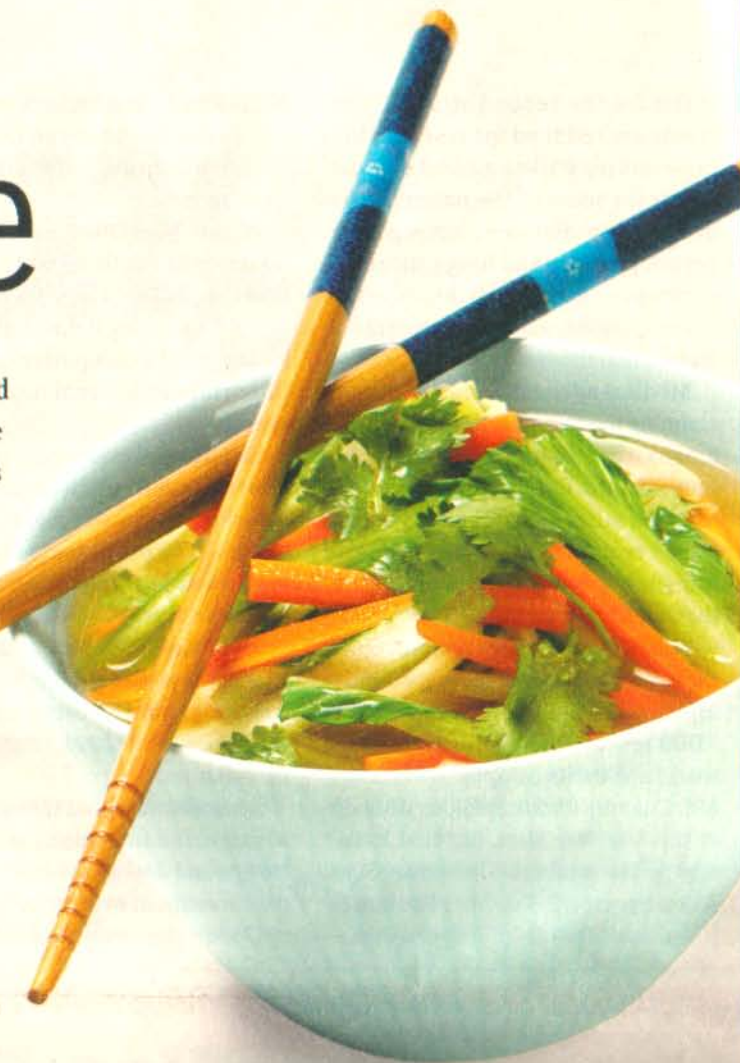
Long Life

The rewards of mixing Chinese traditions with Western science

When he was 6, **Maoshing Ni** fell from the roof of his three-story home in Taiwan and spent the next month in and out of a coma. His mother and his father, a doctor of Chinese medicine, nursed him back to health using healing practices that dated back thousands of years. He vowed that when he got well he would become a doctor and spread the knowledge that he credits with saving his life.

Today, Ni practices Oriental medicine and is a licensed acupuncturist in Santa Monica, Calif. He is making good on his promise with a new book, *Secrets of Longevity: Hundreds of Ways to Live to Be 100*, which combines traditions from the East with scientific advances from the West. Published last month by Chronicle Books, the paperback offers short, fun-to-read notes on food, herbs, the environment, lifestyle and relationships.

A few tips adapted from the chapter on food:



Eat less, live longer. Ni surveyed centenarians around the world and found that most follow the "three-quarters" rule: They stop eating when they are three-quarters full. Studies have shown that a reduction in caloric intake can increase life expectancy in animals—why not humans?

Eat like a king by day, like a pauper by night. Research shows that when you eat your daily protein and fat at breakfast or lunch, you tend to lose weight and have more energy. Eating the same foods at dinnertime tends to increase weight, blood pressure and heart disease.



Tea time. Tea is the beverage most commonly enjoyed by centenarians. The free radical-inhibiting property of tea is more potent than that of vitamin E, and tea is a proven preventive and treatment for hardening of the arteries.

Bone up on fish. The omega-3 fatty acids in fish, along with other nutrients, protect blood vessels from plaque, reduce inflammation, prevent high blood pressure and help maintain good respiratory health. Populations with a diet consisting mainly of fish, fresh fruits and local vegetables experience little cardiovascular disease and are in general healthier and live longer.



Not just for holidays. Sweet potatoes and yams are packed with more beta carotene and vitamin C than carrots, more protein than wheat and rice and more fiber than oat bran. Eat them year round.

Chew on this. Each time you take a bite of food, chew at least 30 times before swallowing. Your stomach won't have to work so hard to digest the food, and important vitamins and nutrients will be absorbed more readily.

Slim down with soup. One simple dietary change can help fight obesity: People who eat one or more bowls of soup each day lose more weight than those who eat the same number of calories but go soupless. A nutritious soup that is low in salt rehydrates as it nourishes and helps to flush waste from the body. Homemade soup is best, since canned soups are usually loaded with salt and chemicals.

Bad bubbles. Many beverages with bubbles such as sodas contain phosphoric acid, which diminishes bone mass and increases the risk for osteoporosis.



The apricot advantage. Apricots have high levels of carotenoids, antioxidants that help prevent heart disease, reduce "bad" cholesterol levels and protect against cancer.