

# Dr. Maoshing Ni: Plan to be 100

**D**r. Maoshing Ni asserts that the human body was designed to live 100 years or longer. “Your body wants to be 100.”

After a brush with death as a child, the 38th-generation doctor of Chinese medicine became determined to pursue health and healing.

“I was in a coma for a month,” he says. “And from that experience, I have so much excitement and appreciation for life since I’ve been given a second chance.”

The author of the new book “Secrets of Longevity: Hundreds of Ways to Live to Be 100” (Chronicle; \$14.95) is in private practice in Santa Monica and has celebrity fans including Jim Carrey and Helen Hunt. He’s a co-founder of the Yo San University of Traditional Chinese Medicine in Los Angeles.

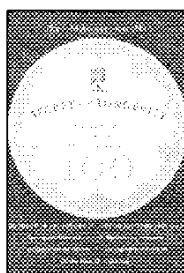
His book offers a plethora of easy-to-read tips meant to be absorbed slowly.

“People get overwhelmed easily, so this offers bite-size pieces of information. As long as people are willing to try a little bit at a time, they will feel the benefits.”

Here are some of his favorite suggestions:

■ **Power nap:** “I say sleep your way to 100. Everyone should take a nap. It does help people get a second wind, and it’s an easy way to slow down and take in life.”

Dr. Mao asserts that nappers have a 30 percent lower risk for heart disease and stroke, so



Dr. Maoshing Ni believes humans could live into the triple-digits.

it pays to work in that nap whenever you can.

“Negotiate with your boss if possible, or just go out and relax in your car for 20 minutes.”

■ **Meditate:** “Most people think meditation is really hard, but you just need to do it a couple of minutes a day.”

Mao says one huge bonus of meditation is you learn how to breath properly and eliminate toxins. “A few minutes a day can make a difference. Do it before you go into a meeting, or any time you anticipate stress.”

■ **Grow fresh air indoors:** Invest in indoor palm trees and ficus plants. “The dark leafy foliage can purify bad air and

can actually absorb VOCs (volatile organic compounds).”

■ **Eat berries:** Dark berries are a kidney tonic and great for brain health, Mao says, adding “Research shows rats that eat blueberries don’t get Alzheimer’s. Blueberries with all their antioxidants have a neuroprotective property.”

■ **Say “I love you”:** Tell your loved ones how you feel, says Mao. Caring about others does help people live longer, he says, citing a study that showed men whose wives told them they loved them in the morning had a higher rate of returning home without incident and generally lived longer.

“It may sound cheesy, but if we feel loved, we will value our life more and be more careful.”