

ASHBY ADVISOR

Eighteenth edition
March 2007

March has marched right on in, time for the update of the month.

First some interesting statistics from a book entitled “Six Arguments for a Greener Diet.”

- * There is 100% more fat in grain fed cattle than grass fed cattle.
- * 66% of grain production in the U.S. is used for animal feed versus 21% in the rest of the world.
- * It takes seven pounds of corn to produce one pound of cattle weight.
- * People who consume more than five servings of nuts per week lower heart attack risk by 50%
- * Bottom Line: Eat more fruits and veggies, nuts and less animal meat

For those of you with foot problems, such as falling arches, pronating feet, etc.. you might want to try over-the-counter (otc) orthotics before going to the custom casted variety. Dr. Anthony Luke from the Department of Orthopedic Surgery at the University of California made this comment recently, adding that there is little evidence that custom orthotics are much better than OTC's. Customs run \$400.00+ while OTC'S run \$15.00 - \$50.00. (By the way I've been using Superfeet inserts for several years successfully. They are OTC's.)

No sweat exercising – keep moving through your day.

- According to studies done in recent years heavy, vigorous workouts are not needed to increase life span. Activity lengthens life span. Seniors (not high school) who burned more calories with activity each day tended to live longer.

- So what type of activity works? Walking 30 minutes daily, general gardening, general house cleaning (including sweeping, mopping), dancing or light weight circuit training (such as at Curves).

Quote of the month: “Change your thoughts and you change the world”