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- MOOD AND ANXIETY DISORDERS • OBSESSIVE-COMPULSIVE DISORDER
- PERVASIVE DEVELOPMENTAL DISORDERS/AUTISM • MENTAL RETARDATION
- ATTENTION DEFICIT DISORDER • TOURETTE'S DISORDER • TRAUMATIC PSYCHIATRY
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**HEALTH TIPS:**

**STRATEGIES FOR LONGEVITY**

**BY**

**STANLEY L. GOODMAN, M.D.**

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***I hope you will find the following suggested health tips  
and strategies for longevity helpful.***

***This information has been obtained from monthly health journals  
and health newsletters from respected institutions such as  
Johns Hopkins, Berkeley, Harvard, Mt. Sinai School of Medicine,  
Tufts Medical School, and others.***

***I strongly recommend that everyone subscribe to health newsletters  
such as these, as they are very informative.***

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**PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE TAKING ANY VITAMIN SUPPLEMENTS.  
NOTE THAT THERE IS NO EVIDENCE VITAMIN SUPPLEMENTS ENHANCE LONGEVITY  
AND, THEREFORE, THE AUTHOR WILL NOT BE RESPONSIBLE FOR  
ANY EFFECTS OR LACK THEREOF RESULTING FROM THE FOLLOWING SUGGESTIONS.**

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## **INTRODUCTION**

*These health tips have been summarized from findings in a number of health newsletters: Mayo Clinic, Mt. Sinai School of Medicine, University of California-Berkeley, Harvard University, and Johns Hopkins.*

*The author highly recommends that you subscribe to these major health newsletters. In addition, if you are on the Internet, there are a number of on-line sites -- such as, Web MD and Healthline.com -- which can provide further information on health-related matters.*

*However, we are all at the mercy of our genetic endowment. When I recently asked my Aunt and Uncle, who are in their 90's, what vitamins they take for their own longevity, their comment was: "We never take any vitamins."*

*I personally follow my own recommendations, and suggest that the best way to improve one's longevity is to do the following:*

- 1. Eat a reasonable and balanced diet*
- 2. Take a multi-vitamin*
- 3. Do 30-minutes of exercise per day*
- 4. See your doctor on a regular basis*
- 5. Obtain results of all recommended testing*

*In addition, persons over 40 should go to a gym and consider using a private certified trainer. Although at one time, I thought this was not needed but a personal trainer can help one get the most benefit from the exercise machines and help one avoid any orthopedic or other injuries due to excessive and/or incorrect use of these machines.*

*The author does not guarantee that any of these health tips will improve longevity. However, this is common sense information which can be very useful to you, the reader.*

*The author strongly recommends you find a competent Internist or Family Practitioner and have a complete evaluation with appropriate lab work. The author also recommends that both men and women over 50 years of age have a colonoscopy performed -- which examines the entire colon -- since colon cancer is a major killer of both men and women. This possibly life-saving procedure should be performed by a Board Certified Gastroenterologist. This is a painless procedure since it can be performed with anesthesia.*

**BEFORE TAKING ANY VITAMINS OR MAKING ANY LIFESTYLE CHANGES**

**PLEASE BE SURE TO CONSULT YOUR PHYSICIAN**

## **GENERAL INFORMATION**

*Recent studies show calorie-restricted animals have extended life-span, are more active, less likely to develop diabetes. [Reference: "Stealing Time", KCET Series.]*

**Horizontal Diet:** Recent studies indicate certain fruits and/or vegetables may decrease incidence of cancer and heart disease (*discussed specifically, below*). Therefore, I feel it is prudent to be on what is classically called "the horizontal diet" in which a person eats a wide ("horizontal") variety of all types of fruits/vegetables (especially those darker in color and are the most nutritious). This way, you are sure to eat all the basic fruits/vegetables which can minimize the risk of developing cancer and heart disease.

**Low-Fat Diet:** Avoid products with hydrogenated or partially-hydrogenated fat.

**Reducing Fat Intake:** Excess fat has been associated with arteriosclerosis. Here are two fat-reducing tips: (1) *Use goat cheese, as it has about half the fat content/calories of cream cheese*; and, (2) *Eat chicken, with the skin removed before cooking.*

**Meal Size:** Rearrange meal size. "Eat like a King at breakfast and like a pauper at dinner." Experiment with having breakfast be what you would usually eat at dinner, such as eating fish, chicken, and/or salads. After a good breakfast, you can usually eat a smaller lunch than usual. For dinner try 2 oz. of meat or fish, salad, soup, and fruit. Try low/non-fat deserts. Weight Watchers "Simple Pleasures" -- an ice cream substitute tasting almost like ice cream -- uses Supless (fat substitute) and Nutrisweet (sugar substitute). It has only 22 calories per-oz. Frozen yogurts have 30-50 calories per-oz. Note: Drinking 1-2 glasses of water before meals can reduce appetite.

**Calories:** For every 3600 calories you consume, you may gain 1 pound. The goal: To decrease caloric intake while increasing caloric expenditures, e.g., by exercising. You may be shocked to learn that: (1) *Corn chips and many crackers have 140-150 calories per/oz.;* and, (2) *Peanut butter has 180 calories per/oz.* Books available from Crown Books and U.S. Govt. Printing Office list caloric/mineral content of every food.

**Dietary Fiber:** Give your body needed fiber with 1 tablespoon of dietary fiber per 8-oz. of water. Fruit fiber, especially apples, is helpful. (There is truth to the adage, "*An apple a day keeps the doctor away.*")

**Seasoning:** Season with herbs to minimize salt intake, for example, by using "Mrs. Dash" seasoning.

**Exercise:** Exercising even just 20 minutes per day will greatly improve your cardiovascular tone, raise the healthy high-density lipo-proteins that will protect you against heart attacks or strokes, and increase mental efficiency.

- Use a treadmill, Stairmaster, or exercise bicycle in your home or office. Bicycle should have moveable handlebars for working the upper body.
- Take 5-10 minute exercise breaks at work: Walk around, inside or outside; exercise at lunch hour. (*Keep jogging shoes handy.*)

## **SUPPLEMENTS**

*The recommendation for specific use and dose of supplements is being researched, but the following information has recently been published.*

**A and E:** Consider using approximately 400-500 units per day of Vitamin-A and 600-1200 units per day of Vitamin-E. Vitamin E has been shown to probably: (1) decrease the incidence of heart attacks by 40%; (2) decrease incidence of and mortality rate from prostate cancer; (3) afford some protection against colorectal cancer; and (4) slight protective effect against lung cancer.

*(Journal of the National Cancer Institute, March 18, 1998.)*

**B and C:** These are water soluble and you should have foods rich in these vitamins 3 times per day. Brewers Yeast tablets are inexpensive and are a good source of natural "B" vitamins; citrus fruits, which are preferable to citrus juice, should be eaten at each meal and are a rich source of Vitamin "C".

**Multi-Vitamins:** I suggest you obtain a multi-vitamin manufactured by a large pharmaceutical company such as Lilly or Squibb, rather than those distributed by unknown companies, as potency is only guaranteed in products from larger firms.

**Beta Carotene:** Beta carotene is found in green leafy vegetables.

**Folic Acid:** Folic acid can reduce the risk of certain birth defects. Best sources: Oranges, spinach, asparagus, beans. Minimal daily requirement is 400 micrograms per day, but the author personally uses 1mg. folic acid tablets twice per day. This is only available by prescription from your doctor.

## **VEGETABLES**

**Green Leafy Vegetables:** Eat green leafy vegetables 2-3 times per day. Cook with olive oil and use olive oil for salads and non-oil or olive oil for dressing. Flavored vinegar, such as raspberry vinegar, gives a gourmet taste.

**Spinach:** An excellent source of folic acid, a B-vitamin that helps keep arteries clear and the brain well-nourished. Experts indicate it is smart to take a daily supplement since you cannot be sure to get enough from foods you eat.

**Tomatoes:** Contain lycopene, which may inhibit growth of prostate cancer.

**Garlic:** May reduce high blood cholesterol and thus, decrease the risk of developing heart disease.

**Asparagus:** An excellent source of folic acid, a B-vitamin that helps keep arteries clear and the brain well-nourished. Since studies show you cannot be sure to get enough from foods you eat, it is smart to take a daily supplement.

**Broccoli Sprouts:** Contains sulforaphane, which is the compound thought to have anti-cancer effect.

## **FRUITS**

**Oranges:** An excellent source of folic acid, a B-vitamin that helps keep arteries clear and the brain well-nourished. Since studies show you cannot be sure to get enough from foods you eat, it is smart to take a daily supplement.

**Grapefruit Juice:** Drink 8 oz. per day.

**Apple Juice/Apple Extracts:** Apple juice and apple extracts prevent cholesterol from undergoing chemical changes that can lead to plaque formation in arteries, possibly due to chemicals called phenols that act as antioxidants which protect the body against the deleterious effect of LDL (low density) lipid proteins.

(Reference: *Life Sciences*, April 16, 1999.)

**Blueberries:** Blueberries contain anthocyanin, which is considered to be self-protective antioxidants. They have also been shown to protect brain cells from the onslaughts of aging. However, experts indicate you cannot be sure to get enough from foods you eat, it is smart to take a daily supplement.

**Strawberries:** Strawberries been shown to protect brain cells from the onslaughts of aging. However, experts indicate you cannot be sure to get enough from foods you eat, it is smart to take a daily supplement.

**Raspberries:** A ½-cup of raspberries may decrease the incidence of colonic polyps, which may lead to colonic carcinoma.

**Guavas:** 1½-2 pounds per day, if possible. Can decrease both cholesterol and high blood pressure by 12%-14%.

## **LEGUMES**

**Nuts:** Almonds, walnuts, and peanuts have fats that may help decrease appetite and be helpful in weight reduction. In addition, recent studies have shown they may decrease blood fats.

## **BEANS**

**Soybeans:** More than 40 studies have shown soy's power to lower blood-stream cholesterol and ability to inhibit the process by which LDL (or bad cholesterol) oxidizes and clogs arteries. It can be taken in the form of soy milk, soy powder, and tofu. You should take 3 oz. - 4 oz. of soy powder or soy milk every day, which can be added to cereals, oatmeal, yogurt, etc. There are also formulas in cappuccino flavor. Chocolate syrup can be mixed with soy milk or with soy powder and water.

**Other Beans:** An excellent source of folic acid, a B-vitamin that helps keep arteries clear and the brain well-nourished. Since studies show you cannot be sure to get enough from foods you eat, it is smart to take a daily supplement.

## **FISH**

**Fish:** Eat at least 3-oz. of fish per day. Reportedly, some of the darker fish have a greater amount of fish oils which may be cardio-protective.

## **BEVERAGES**

**Water:** Drinking approximately 10 glasses per day may cut in half the incidence of bladder cancer.

**Wine:** Drinking 4 oz. of wine per day has recently proven to decrease the risk of heart attack.

**Green Tea/Other Herb Teas:** These may decrease the incidence of cancer.

## **LOWERING CHOLESTEROL WITH PRESCRIPTION MEDICATION**

There are newer prescription medications, called Statins, which have been shown to lower cholesterol and blood fats. Although you have determined that your cholesterol is below 200, if you have family history of coronary artery disease occurring around age 60 in parents/siblings/relatives, you may want to discuss with your physician the possibility of taking one of these medications for preventative purposes. There is no current data suggesting this is effective for people with normal cholesterol levels. However, the author had normal cholesterol levels and, after taking this medication, his cholesterol levels were reduced over 60mg. and fat levels were also reduced.

It was also found that patients taking Statins have a lower incidence of Alzheimer's Disease. The mechanism is unclear, although this may be related to decreased fatty deposits in the blood supply to the brain, which ultimately may decrease the incidence of Alzheimer's Disease.

*Note: The reader should always consult their physician when considering whether or not they could benefit from these prescription medications.*

## **SUMMARY**

### **IN GENERAL:**

1. Exercise: Decrease caloric intake and increase caloric expenditure.
2. Eat a low fat diet, avoiding partially hydrogenated fats.
3. Eat like a king at breakfast and a pauper at dinner.
4. Take a multi-vitamin supplement from a well-known manufacturer.

## **Summary, Continued**

### **FOR CANCER PREVENTION:**

1. Selenium, found in tangerines, may inhibit cancer growth.
2. Green tea may decrease incidence of cancer as it contains phytochemicals (polyphenols), one of the most powerful antioxidants yet discovered and found in no other plant. (Reference: *Wellness Letter*, UC-Berkeley, December 1997)
3. **Prostate Health:** Lycopene is found in tomatoes and in 160mg. of Saw Palmetto (1-2 daily) and may inhibit growth of prostate cancer. Saw Palmetto is an active ingredient (at a lower concentration) found in Proscar used to decrease prostate hypertrophy. There is a study being conducted to determine if Proscar will actually decrease risk of developing prostate carcinoma and a study underway at UCLA examining the effect of lowering one's fat intake on the incidence of prostate malignancy.
  - a. There are several reports indicating some brands of Saw Palmetto have almost no active ingredient. The author personally recommends the brand, *Centrum*. I know personally about a case where a person's Prostate Specific Antigen (PSA) was approximately 3. After taking a combination of Saw Palmetto, Vitamin-E, Selenium, and Folic Acid, the result was a PSA of under 0.7.
  - b. The reader should consider taking this combination with the beneficial effects of all three ingredients, which may decrease heart disease and risk of other forms of cancer. There is an ongoing study on taking Vitamin-E and Selenium for prostate health, but no definite conclusions have been made at this point.
4. Drinking approximately 10 glasses of water per day may cut in half incidence of bladder cancer.
5. Folic Acid can reduce the risk of certain birth defects.
6. Studies show there was a 43% drop in incidence of colon cancer when a cholesterol-lowering drug was taken concurrently with aspirin daily.

### **FOR CARDIAC HEALTH:**

1. Folic acid keeps blood vessels clear. It is found in spinach, asparagus, beans, oranges, and apples.
2. Soy appears to lower bloodstream cholesterol. It is found in soy milk/powder, soy beans, and tofu.
3. Guava can decrease cholesterol and hypertension.
4. Fish oils, especially from darker fish, may protect the heart.
5. Have an antioxidant cocktail of strawberry, blueberry, apple juices.
6. Take a supplement containing Vitamin B-12.

**FOR THE BRAIN**

1. Blueberries, strawberries, and spinach may significantly improve memory; prevent blood clots; keep blood vessels supple; transport nerve impulses more efficiently.
2. Garlic may help the brain by reducing high blood cholesterol and keeping blood vessels flexible.
3. Soy supplies phytoestrogens (plant hormones) which aid in thinking and memory, and its benefits to the heart also help nourish the mind.
4. Vitamin E, an antioxidant, appears to protect your brain cells.
5. Folic acid and other B-Vitamins can help your brain's blood vessels stay clear and maintain the health of nerve cells.
6. Ginkgo's antioxidant and anticoagulant effects may improve memory.
7. PS (Phosphatidylserine) can help cell membranes stay pliable so neurons can communicate, protect brain cells from free radicals, and may stimulate production of a key neurotransmitter in the brain. It is soy-derived and taken as a supplement.

**FOR GASTROINTESTINAL DISORDERS:**

1. Raspberries decrease colonic polyps, which may become cancerous.

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*It is interesting that the diet in the Hunzaland, Northern Tibet, is comprised of yogurt, fresh greens, and fruits, and that many of these people have a life-span of over 100 years. Pritikin and others have indicated that a low-fat diet not only decreases heart attack risk but may also decrease incidence of colon/other cancers.*

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**Note: See your doctor to obtain complete laboratory work and physical examination before starting any type of diet. Mandatory lab work-ups are: SMAK-20 thyroid panel; CPC with differential; urinalysis; stool focal blood.**