

# Fabulously Fit

Want to keep looking and feeling your best? Need your mental and physical performance to improve? Here are some practical tips for men to show you how to optimise the performance of your brain and body.

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## Look and feel good

Include weight training into your daily routine to help shift the flab and tone up. Research shows that even once-weekly resistance training will have an impact on muscle strength. Exercise is a great way to help keep yourself looking and feeling younger. Another way is by increasing your antioxidant intake, by eating a variety of fresh fruits and vegetables and drinking green tea. For an extra boost, try a superb antioxidant complex by BioCare called BioFlavone 1000 ([www.biocare.co.uk](http://www.biocare.co.uk)).

## Keep your weight in check

Maintaining a healthy weight is one of the best things you can do for yourself. You will reduce your risk of heart disease, hypertension, high cholesterol, diabetes and other serious health conditions. Eat lean protein such as fish, chicken, lentils, beans, nuts and seeds, as well as colourful vegetables. Remove processed and 'white' foods (bread, pasta, rice, sugar) from your diet as they lead to imbalanced blood sugar levels, which can contribute to diabetes, weight gain and other health problems. Opt for wholemeal varieties instead, and combine this with lean cuts of meat and side orders of vegetables.

## Take care of your heart

Keep your cholesterol and blood pressure in check by taking regular tests. Cut down on fatty foods and increase your intake of fibre and protective foods such as apples, carrots, celery, garlic, onions, oats, almonds and green leafy vegetables. For extra support, try BioCare BioCardio – a brilliant cardiovascular complex.



## Maintain strong erectile function

Most cases of erectile dysfunction are due to not getting enough blood to the area in question. Research has shown several herbs to be effective in improving sexual function. Ginkgo biloba can help increase the blood flow, while Siberian ginseng can help improve libido and stamina. Eating foods rich in zinc, such as oysters and tahini, is also important for good erectile functioning. Boost your performance with a great supplement such as BioCare Ginkgo Plus.

## Protect your prostate

If discovered early, benign prostate problems can be prevented or corrected with some natural remedies such as saw palmetto, which can help improve urinary flow without any side-effects. Introducing some protective foods such as cooked tomatoes, watermelons, guavas, apricots and green tea in your diet can also have beneficial results. Try Bional Prostanol – it has had excellent clinical results and has all the nutrients to support improvement ([www.cressuk.com](http://www.cressuk.com)).

## Prevent diabetes

Go for regular medical check-ups. Balance your blood sugar levels by eating regular small meals. Eat oat porridge for breakfast and spice it up with some cinnamon and grated apple.

## Sharpen your brain

Adequate sleep can help improve both your short and long term memory. Snack on brain nourishing foods such as walnuts, pomegranates, grapes, blueberries and sardines. Take fish oil and ginkgo biloba supplements to support your cognitive functioning.

## Reduce stress levels

Find ways to de-stress. Get a massage. Meditate. Visualise calming images. Your body needs more nutrients when under stress. Take a good supplement such as BioCare's Vyta-Myn Complex, which



contains specially selected minerals, vitamins and adaptogenic herbs, such as Siberian ginseng, to help your body cope better during times of stress.

## Keep your joints healthy

A lot of joint problems, such as arthritis, can be prevented and significantly reduced with the right diet and supplements. Reduce your intake of red meat and alcohol, and include more oily fish, ginger and turmeric in your diet. BioCare JointGuard is a great tasting liquid supplement, specifically tailored to reduce inflammation and improve motility.

## Drink alcohol in moderation

Drink good quality wine, slowly. This way of drinking has a heart and liver protective effect, as opposed to an offensive effect when drunk quickly. Alternate each glass of alcohol with a glass of water to re-hydrate your body. Take a milk thistle supplement a few hours before and after drinking alcohol to support your liver.

**Note:** Always consult your doctor before making any dietary changes or taking any supplements, especially if taking prescribed medication. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

