

7 antiaging secrets and strategies to stop the clock

We can't all have a naturally thin and youthful figure like Maggie Q (bummer!)—but don't hate the healthy. This sexy crime-fighting *Nikita* star works very hard for the body and commits to clean living because it's her job to look good.

For us regular joes, reality often looks different and staying on the wellness wagon is challenging. Feeling or looking our best doesn't necessarily translate into big bucks, though you'll arguably perform better everywhere—in the workplace, at the gym, in your love life—if you exude total hottie. We talked to Lionel Bissoon, D.O., New York City's antiaging guru and author of *The Cellulite Cure*, for his wellness weapons that will help turn back time from top to bottom. If there is a fountain of youth, or at least a chance for a firmer derrière, the good doctor can you lead you there. Here are his seven simple (and affordable) steps to self-improvement. For more, check out antiagingm.com.

— As told to Mona Buehler



Lionel Bissoon, D.O.



NEW YEAR, NEW YOU!



SET GOALS

Success in life is rarely an accidental event. We all know success requires commitment and follow-through. For instance, one gentleman told me he wanted to lose weight (60 pounds) and his wife told him that she wanted the guy she married back. When he visited my office in July he had lost 67 pounds, was wearing a size 32 and was still working to lose 10 more pounds. One of the things I have noticed with goal setting is that once people achieve their target, they often aim higher for further improvement.

IMBIBE WITH SHELLFISH

We all welcome the holiday season with food and drink. You can still indulge and not have to feel so guilty—especially if you add oysters to the menu. Oysters are touted as an aphrodisiac because they are rich in zinc. This mineral blocks the aromatase enzyme, which keeps estrogen levels low and testosterone high. While alcohol can stimulate the production of the enzyme in the liver and lipogenesis (fat production), zinc will counteract belly fat.



Maggie Q, *Nikita*

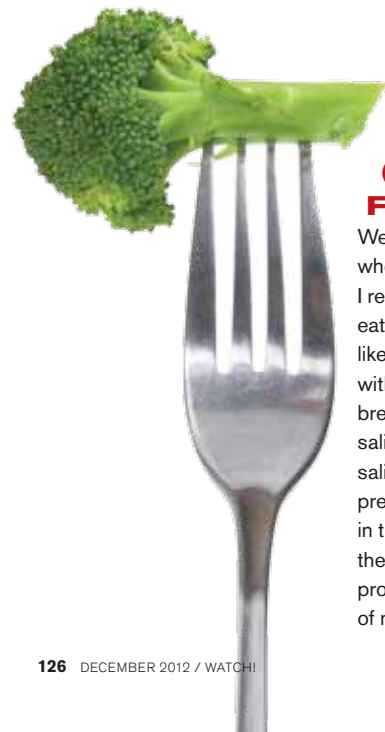


GO COMMANDO

Seventy-five percent of women go to bed with underwear on. Sleeping naked, or "going commando," helps improve circulation, especially blood flow, to your buttocks, groin and lower extremities. Traditional elastic briefs not only cause unsightly panty lines, but contribute to cellulite as well. Escape the elastic. I recommend women choose undergarments such as thongs, G-strings, cheekies and lace panties, or go without. Your bottom will thank you.

GET MOVING!

Aim to exercise 20 to 25 minutes every other day (at minimum). Whenever possible, walk instead of driving, take the stairs instead of using elevators, and if you are a couch potato, work out while watching TV. Commercial breaks air for about two to three minutes. Consider taking this time to get some exercise instead of snacking.



CHEW YOUR (ORGANIC) FOOD

We live in such a fast-paced society where even eating has to be done fast. I recommend you take your time while eating and chew your food until it feels like a paste in your mouth; especially with meat. Chewing helps mechanically break up the food and stimulates saliva production for lubrication. Within saliva there are digestive enzymes to predigest the food. Thus, once it arrives in the stomach the digestive juices of the stomach will facilitate the digestive process to enhance optimal absorption of nutrients.



SHIVER IN THE SHOWER

Remember that before every home in America had hot water, only the rich took warm showers! From jump-starting your metabolism to instantly improving your mood, cold showers have numerous benefits that outweigh the chilling proposition. A cold shower is very invigorating—it will wake you up quickly, keep your energy up and decrease fatigue throughout the day. Studies have shown that a daily cold shower will boost the immune system, decrease elevated leptin levels (associated with obesity), increase circulation, improve fertility, enhance libido and promote weight loss. A chilly wash will produce a response called shivering thermogenesis; shivering naturally helps burn calories.

FIND YOUR PH BALANCE

In medical circles, the stomach is called the "second brain" because our innards are wired with neural tissue and neurotransmitters. I refer to it as "The Gateway to Healthy Aging." We are constantly bombarded with information about antacids for heartburn and indigestion, but in reality, presence of stomach acid is very critical for the digestion and absorption of nutrition. Too much acid will destroy the food in the stomach along with all the nutrition and conversely, too little acid will allow food to go undigested into the intestines. If you experience

tummy troubles, big or small, I recommend a Heidelberg pH Test to assess your insides.

