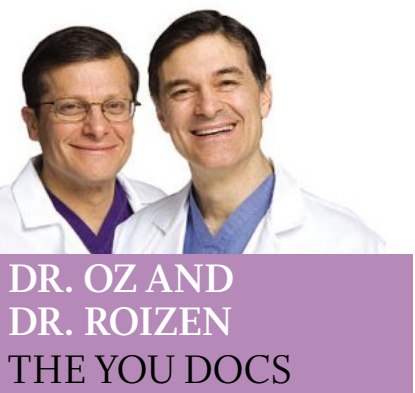


# HEALTH

## GET THROUGH THE HOLIDAYS WITHOUT GAINING WEIGHT



**DR. OZ AND DR. ROIZEN**  
THE YOU DOCS

Nature or in whatever way that moves you.

Create a kitchen safety zone. Piling up holiday baddies (we can't call 'em goodies because they're killers) in plain sight can prompt you to eat twice as much, twice as fast. Instead, keep the true goodies – juicy little Clementine oranges, ruby-red pomegranates, walnuts, pistachios, cinnamon-spice tea – in easy reach. Stash traditional temptations far back in a cabinet or foil-wrapped in the freezer.

Don't skip exercise. Just make it short and sweet. Sticking with your routine can be tougher than finding a radio station not playing Alvin and the Chipmunks. Pare down: Take two 15-minute walks or three 10-minute ones a day. As long as it totals at least 30 minutes, you're good.

Be choosy about drinks. If you say yes to a couple of glasses of red wine or beer before and with Christmas dinner, you're likely to eat up 200 extra food calories, plus the 250 or more in your drinks. How come? Both beer and red wine raise your appetite-tickling hormones. Choose a chardonnay or Riesling instead; these white wines didn't have the same effect, state one study.

Try this brilliant buffet-table strategy. You're less likely to inhale hearty helpings from every dish if you check out the entire spread first (we call it "eye your pie before you try"). Next, stake out a seat where you can't see the feast. Then, choose one or two specialties (Uncle Eddie's meatballs, Aunt Edna's clam dip) instead of three or four – you eat more calories when you have more choices. Go through the line once: Put everything, including a small slice of Cousin Maxine's rum torte, on your plate at once, so there's no need to face the buffet's temptations again. You can cut your calories 14 per cent this way.

Use this secret. It's simple but so effective. Splurge a little at parties, then eat like your normal, healthy self the rest of the time. Get the skim-milk latté at your coffee shop, not the fancy holiday-spice coffee drink. Tote fruit and nuts, or veggies and hummus, to work for snacks.

With moves like these, you'll wake up on New Year's Day wearing the same size, or even one smaller – and a big smile.

**The You Docs – Mike Roizen and Mehmet OZ** – [www.RealAge.com](http://www.RealAge.com) are authors of *YOU The Owner's Manual*. To submit questions, go to [www.RealAge.com](http://www.RealAge.com). Their column runs Saturday.

We all try to turn into creative geniuses around this time of year. That includes you if you can roll out a pie crust, coax ribbon into curlicues and juggle work, shopping, family obligations, cooking, decorating, cocktail parties and holiday buffets. Our gift to you? Seven creative ways to outsmart the deluge of button-popping, waistline-enlarging calories starting right now. Why this period is so critical: The typical woman gains one to five pounds between Thanksgiving and New Year's, the same amount gained during the rest of the year. (Yes, North Americans get heavier every year. For more help, check the "Just 10" diet strategies at [www.DrOz.com](http://www.DrOz.com).)

Cross as much stress as you can off your to-do list. Ever rip into a box of cookies at 3 a.m. after busting your hump to hit a work deadline, then fighting traffic at the mall, then wrapping presents until the wee hours? All the while worrying about your credit-card bill? No part of that picture fits anyone's definition of comfort and joy. Take a few minutes to insert more serenity in the season: Shop online instead of at the mall. If you need to bring dessert to a party, buy one on the way so you can't eat any in advance. Oh, try to pay for everything in cash – you'll spend 12 per cent to 18 per cent less, say experts!

Start some new traditions. Gathering together to eat when the weather turns nippy may be hardwired into the human genome, but it's not the healthiest or happiest tradition. Time spent with family or in spiritual pursuits nets the most holiday joy, say scientists who study these things. Get everybody together – away from the table – to hang decorations, take a walk, play board games, belt out holiday songs (you'll burn 10 to 20 calories per tune) or experience awe and wonder in your house of worship, at a concert, admiring Mother

### The You Docs tips for the week

#### Try this daily cold stopper

Discovering a cure for the common cold remains even more elusive than growing hair on bald heads. So like all cold-fearing people, we practice good "respiratory etiquette" to avoid catching/spreading the bugs. First, even little kids now know to cough/sneeze into the crook of the elbow ("vampire style"). Second, "wash your hands before eating" is now wash your hands every chance you get, especially after being in public places (offices, groceries, buses, schools). Carry hand sanitizer for emergency germ-bashing. But there's one cold preventer we bet you don't know: staying physically active. It boosts your body's ability to combat nasty cold bugs. The latest evidence comes from sports docs who recently found that people who work out at least five days a week get half as many fall/winter colds as those who work up a sweat only once a week, if ever. And when they do catch colds, they have milder symptoms and fewer sick days. Find a buddy you like to work out with or a game you love, and preventing colds can be pure pleasure.

#### Four Christmas tricks for feeling full without getting stuffed

Here's one more thing to be thankful for as the mouth-watering parade of foods begins on Christmas: You'll get up from the table fully satisfied without gaining a pound. Just use these tricks to enjoy every bite without stuffing yourself. Save that for the turkey.

1. Try this appetite-buster 25 minutes before the meal.

Before the irresistible aromas get your juices flowing, munch six walnut halves, 12 almonds or 20 peanuts. By the time you start dinner, the healthy fat in the nuts will have hit your stomach and signalled your brain that you are not insanely hungry.

2. Don't skip the appetizers.

If dinner hit the table before the nuts kicked in, nibble on veggies from the crudites plate and dig into the green salad, which with any luck will have an

olive oil dressing.

3. Act like a four-year-old.

Remember that toddler phase when you'd throw a fit if one food touched another? What, you're still there? Good, now it'll pay off. Help yourself to every delicious dish, but make sure you can see the plate between each food item – no touching. That way, you'll taste everything, but keep the portions small.

4. Eat in slo-mo.

Take small mouthfuls and let the food linger on your tongue, while you savour the flavour.

#### Pamper your moving parts

Do you sometimes wake up feeling as stiff as the Tin Man before Dorothy found the oil can? You'd be amazed by how little it takes to lubricate your own body. Ladies first: Kick off the high heels. We totally get high fashion. Except for extreme high heels. They can shorten and stiffen Achilles tendons, reduce your ankles' range of motion, and open the door to knee arthritis. Slip into cushioned flats often. Go for the soft stuff. You know we're ardent fans of being active. But if you've got any iffy joints, keep it low-impact. Walk, swim, bike, row, do yoga, or dance your buns off. Do some weight-lifting, too. Strengthening the muscles above and below your affected joints turns them into protective shock absorbers. Just avoid the "J's": jogging, jumping rope, and other joint-pounders. Don't stay glued to the computer for hours. Get up every 15 to 30 minutes and do some stretches. Lose weight. Yeah, we know, easier said than done. But if you get going on the first three changes, you're already on your way. And this one's a biggie in reducing arthritis risk, adding zing to your arteries and restoring spring to your step.

#### Bright purple juice that gives your brain a boost

Do you ever find yourself sitting through half the late movie before remembering you've already seen it? Have you forgotten where you left your coffee



Put everything, including a small slice of rum torte, on your plate at once, so there's no need to face the buffet's temptations again. You can cut calories by 14 per cent this way.

PHOTO: METRO CREATIVE GRAPHICS

mug (next to your keys, wherever they are) again? Maybe you need a shot of beet juice. New research indicates that the nitrates in beet juice (which convert to nitrites and nitric oxide in the body) open up oxygen-rich blood vessels. Even better, the nitrite gets the oxygen and blood to the exact place in the brain where you need them most. That's good news, because reduced blood flow to certain brain zones is linked to memory glitches, slower thinking and dementia. Though it will take more research to measure beet juice's impact on your brain, several studies already have shown that it does good things for your body. Beet juice can lower your blood pressure within an hour of drinking two cups. It improves digestion. And it can make you a better athlete: In one study, it allowed cyclists to pedal up to 16 per cent longer with less fatigue. But before you start tossing back beet shots, you'll want to doctor up the flavour. Add apple juice. If the earthy taste is still hard to swallow, just load up on beet salad and other nitrate-rich foods, such as spinach, leafy green vegetables, celery, fennel, leeks, kohlrabi and Chinese cabbage. There, you should be ready to finish filling out that MENSA application now – you left it next to your keys.

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## The I of the needle

**Health** New book celebrates a life lived with diabetes

BRUCE WARD  
POSTMEDIA NEWS

In the summer of 1975, Steve Beriault, a college student from Pembroke cycled home to Ottawa from Vancouver, a distance of about 4,830 kilometres.

Beriault's journey was far from finished. After a four-day break, he set out for St. John's, N.L., about 1,850 kilometres down the road. When he arrived there in August, Mayor Dorothy Wyatt issued a proclamation in his honour.

Beriault met many people along the way who marvelled at his sense of adventure. Imagine their astonishment had they known he was a diabetic.

"People were amazed at what I was doing, but I never told anybody I was diabetic," he says today. "They thought a diabetic could never do it, and that it was way beyond their capability."

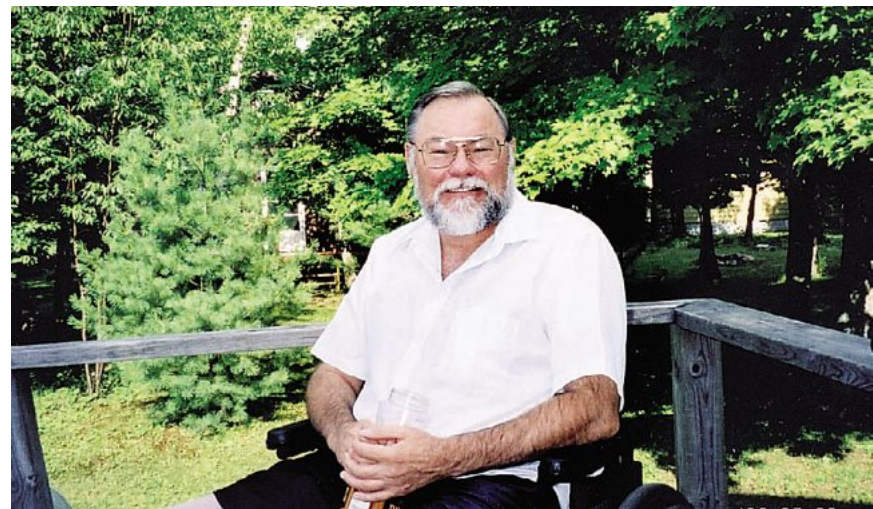
"Back in my day, mention diabetes and everybody thought you were weird. I kept my mouth shut and tried to be like everyone else. I wouldn't go to school and say, 'By the way, I was unconscious last night for 20 minutes because I took too much insulin and had a hypoglycemic reaction.'"

Beriault's new book *Tales In The Insulin Vial* traces his lifelong fight with juvenile, or type 1, insulin-dependent diabetes. Published by Raider Publishing, it's out in time for Diabetes Awareness Month.

Beriault is among the 10 per cent of diabetics who have type 1 diabetes. Some nine million people live with diabetes or prediabetes in this country, according to the Canadian Diabetes Association.

Now 59, Beriault was diagnosed after his parents saw their two-year-old son drag a chair to the kitchen sink to drink water drops from the tap. Extreme thirst is a major symptom of the disease.

With type 1 diabetes, the body destroys pancreatic cells that produce insulin, a



Steve Beriault new book 'Tales In The Insulin Vial' traces his lifelong fight with juvenile, or type 1, insulin-dependent diabetes. PHOTO: COURTESY STEVE BERIAULT

hormone that helps cells absorb the glucose they use for energy. Without insulin, glucose stays in the bloodstream and damages organs, among other harmful effects. Scientists have not determined its cause.

Over the years, the disease has taken its toll on Beriault. He has had a kidney transplant, and both legs have been amputated below the knee. He also has heart damage and impaired vision.

"Diabetes is a rat that sits on your shoulder and gnaws at you," he once said. "Every time you give it a chance, it takes a chunk out of you."

In 2008, Beriault underwent a pancreas transplant. If successful, it would mean he would never have to inject insulin again. The pancreas produces insulin, via beta cells, whenever the body requires it. "Here was a chance that I was going to get out of being a diabetic. But it didn't go as planned," Beriault says.

After three months, doctors decided that the new pancreas had to be removed because of infections. Beriault was back on insulin injections and will be for the rest of his life.

Yet he is remarkably cheerful, considering how the disease has affected him. When Beriault's kidney was failing, he worked up a sort of Vegas act for his fellow patients to make time pass more easily during their dialysis treatments. He'd sing, crack jokes, and generally goof around. Soon patients were arriving early to sit near him during dialysis sessions.

Treatment of the disease has improved remarkably since Beriault was growing up.

"My father would sharpen needles on flint stones, and those needles hurt," he

recalls. "They were 27-gauge steel, and they had burrs. I'd pull the needle out and a hunk of skin would come with it, and I'd be bleeding all over the place."

Insulin itself is now a much better product, he says.

"The impurities were something like 10 per cent by volume then. Now insulin's purity is one part per million. That's like one speck in a million grains of sand."

When Beriault was cycling across the country, he'd inject himself with insulin once a day and rely on a squirt of honey from a plastic bottle whenever his body told him that his blood sugars were out of whack.

He and his wife Maria have two sons, Dan and Nick. When he was five, Nick was diagnosed with juvenile diabetes, or type 1, like his dad.

The advances in fighting the disease mean that Nick has normal blood sugar levels most of the time.

"He's 22 now and doing quite well," says Beriault. "He's on multiple injection systems, he's using a pump now, and he has a blood glucose monitoring device, which I didn't have until I was 30."

"I was on a single injection of insulin a day. Anyone now would look at you like you're crazy to do something like that. That's the way we did it back then."

Beriault now has six to seven insulin injections a day, and uses ultra-fine coated needles that are virtually painless.

"My wife and I are still in love," he says, adding that they have "an average middle-class life."

But by now, you'll have figured out that there is nothing average about Steve Beriault.