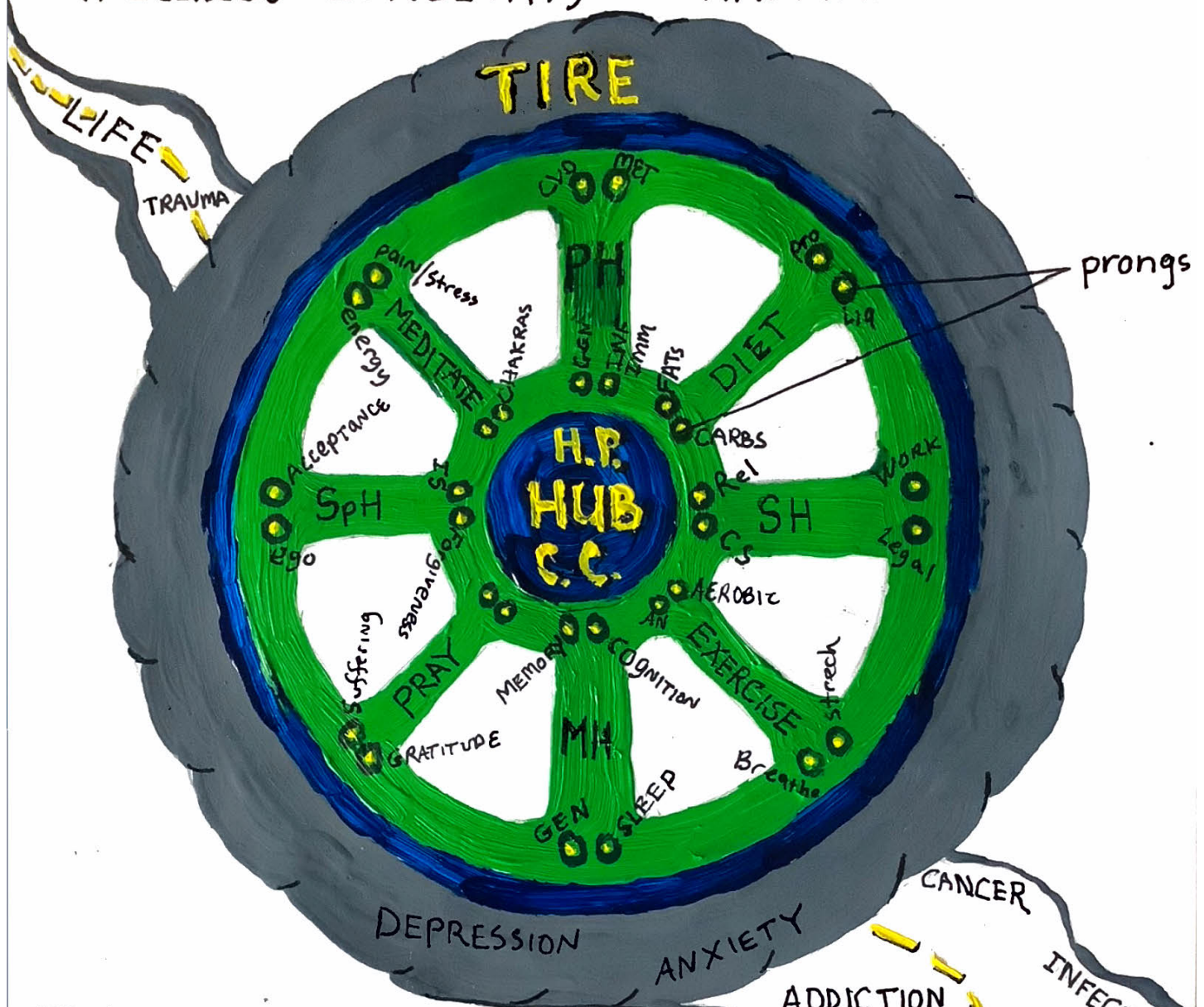


WELLNESS LONGEVITY, and HAPPINESS



THE HOLISTIC SPOKE WHEEL achieve balance, prevent disease

- PH = Physical Health
- MH = Mental Health
- H.P. = Higher Power
- C.C. = Collective Consciousness
- S.H. = Social Health
- Sp.H. = Spiritual Health
- C.V.D. = Cardiovascular Disease
- INF = Inflammation
- DM = Diabetes Mellitus
- CARBS = Carbohydrates
- MET = Metabolism (endocrine)
- OBESITY, DM

- IMM = Immune System
- GEN = Genetic disorders
- Pro = Proteins
- Liq = Liquids
- Rel = Relationships
- CS = community service
- AN = ANAEROBIC
- IS = Inner Self

To better assist you in creating balance in your health, I created this guide that is based on the concept of a spoke wheel. I call it *Malik's HOLISTIC SPOKE WHEEL*. It based on eight spokes that reflect the important areas of health. Each spoke has four prongs that attaches it to the hub and rim. Prongs can be adjusted to tighten or loosen each spoke to achieve balance in the wheel.

If the wheel represents you as a person, then the road would represent life. For many the road is a winding one that takes them on an mysterious and fantastic journey that is full of pitfalls and roadblocks. It is miraculous that many of us survive.

I'm a doctor that has practiced traditional and holistic medicine in rural areas and inner cities for 25 years. I am married to my college sweetheart, also a physician, for more than 35 years. I am also the father of four and the eldest sibling of six. As a child refugee of the 6 day yom kipper war between Israel and Jordan and a survivor of Detroit riots and gang violence, I have hit many roadblocks and have had my share of pitfalls.

Now as a "rehabilitated" former federal felon, I can share part of my story that propelled me to write down ways in which people can bring the right balance to their lives by focusing on key areas. Sometimes we cannot see the train approaching until it is right there in front of us.

There are many reasons why a person may not see a large train with its horn blaring. We live in a computer age where information is at our fingertips.

I also devised 20 questions that you can ask yourself regarding the important areas of health that lead to wellness and longevity. This is a self assessment so choosing the best answer that applies will enable you to get an accurate understanding of what needs to be improved upon. All of the questions are general in nature and allow for wiggle room in each response. Some of the questions may seem irrelevant to your particular situation but they are all interconnected and can be modified to best suit each situation. It is a holistic picture of your health that we a focus on. The main crux of this guide is to educate you on what information you need and how to prevent primary diseases like obesity, hypertension, and in some cases of cancer and diabetes. Once someone has developed primary disease they are at greater risk of secondary disease.

Secondary disease like stroke and myocardial infarction and some cancers can be prevented. This would curb health care costs and benefits populations as a whole. All said, it can extend longevity.

I take a holistic approach to fighting disease and preventing illness. I created a schematic diagram that would better explain my holistic wheel. It is used to gain a better understanding of what is important in prevention and wellness that will hopefully lead to good health, happiness, and longevity.

Malik's holistic spoke wheel

Physical health

1. Cardiovascular and cerebrovascular health depend on the condition of your blood vessels is best measured by blood pressure. Normal blood pressure varies between 90/ 60 mmhg and 160/ 90 mmhg. High blood pressure increase your risk for heart attack, arrhythmia, heart failure, stroke, kidney failure and impotence to name a few. Heart rate determines the health of your heart muscle, which has its own special nerve source and allows it to beat and contract thousands of times every day for a hundred years or more. Although Abnormal heart rhythms occur as a direct result of heart disease they often are the result of symptoms that indicate illness in other parts of the body. Normal heart rate is between sixty and ninety. Generally speaking the lower the heart rate and blood pressure the healthier it is for the heart. Unless one is experiencing symptoms or taking certain drugs, lower readings indicate the heart muscle is less stressed. I probably developed hypertension in my late teens. I recall readings of 150/90. I began treatment with a beta blocker and aspirin in my late thirties primarily because my father had hypertension and diabetes. Family history of hypertension, diabetes and heart disease are important in assessing personal risk of heart attack. Myocardial infarction (MI), heart failure and sudden death increase with age as does hypertension. Hypertension is a silent killer and often goes undiagnosed because it lacks symptoms and hence warning signs. The best way to prevent hypertension is a salt free plant based diet and a daily exercise program that incorporates an aerobic activity and healthy stretching along with stress reduction techniques like meditation.

2. Endocrine, metabolic and or humoral area involves the parts of the body and cell that control or affects the body's development of obesity, diabetes, metabolic syndrome, and others. Obesity is a big concern for many Americans and it's linked to poor self esteem, degenerative joint disease, worsening of diabetes, depression, eating disorders and other mental problems including addiction. Obesity is the number one problem plaguing most people. Diabetes causes blindness, kidney failure, vascular disease that lead to impotence and limb amputation. Diabetes, obesity, metabolic syndrome, and insulin resistance are all interconnected and can be partially or in some cases completely controlled with the appropriate dietary measures. The most effective way to to achieve optimal weight is by calorie control. Optimal weight is 18 to 22 percent BMI. Basic metabolic index (BMI) is a calculation of your weight divided by your height multiplied by a factor to best reflect the percentage of total body fat that is consistent with optimal health. Currently this is the most accurate way to assess fitness and the BMI chart can be found online for no fee.

| WEIGHT | lbs | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 | 260 | 270 | 280 | 290 |
|--------|-------------|----|-----|-----|---------|-----|-----|-----|------------|-----|-----|-----|-------|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|
| | kgs | 41 | 45 | 50 | 54 | 59 | 64 | 68 | 73 | 77 | 82 | 86 | 91 | 95 | 100 | 104 | 109 | 113 | 118 | 122 | 127 | 132 |
| HEIGHT | Underweight | | | | Healthy | | | | Overweight | | | | Obese | | | | Extremely Obese | | | | | |
| | ft/in | cm | | | | | | | | | | | | | | | | | | | | |
| 4'8" | 142.2 | 20 | 22 | 25 | 27 | 29 | 31 | 34 | 36 | 38 | 40 | 43 | 45 | 47 | 49 | 52 | 54 | 56 | 58 | 61 | 63 | 65 |
| 4'9" | 144.7 | 19 | 22 | 24 | 26 | 28 | 30 | 32 | 35 | 37 | 39 | 41 | 43 | 45 | 48 | 50 | 52 | 54 | 56 | 58 | 61 | 63 |
| 4'10" | 147.3 | 19 | 21 | 23 | 25 | 27 | 29 | 31 | 33 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 59 | 61 |
| 4'11" | 149.8 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 51 | 53 | 55 | 57 | 59 |
| 4'12" | 152.4 | 18 | 20 | 21 | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 | 41 | 43 | 45 | 47 | 49 | 51 | 53 | 55 | 57 |
| 5'1" | 154.9 | 17 | 19 | 21 | 23 | 25 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 43 | 45 | 47 | 49 | 51 | 53 | 55 |
| 5'2" | 157.4 | 16 | 18 | 20 | 22 | 24 | 26 | 27 | 29 | 31 | 33 | 35 | 37 | 38 | 40 | 42 | 44 | 46 | 48 | 49 | 51 | 53 |
| 5'3" | 160.0 | 16 | 18 | 19 | 21 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 35 | 37 | 39 | 41 | 43 | 44 | 46 | 48 | 50 | 51 |
| 5'4" | 162.5 | 15 | 17 | 19 | 21 | 22 | 24 | 26 | 27 | 29 | 31 | 33 | 34 | 36 | 38 | 39 | 41 | 43 | 45 | 46 | 48 | 50 |
| 5'5" | 165.1 | 15 | 17 | 18 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 32 | 33 | 35 | 37 | 38 | 40 | 42 | 43 | 45 | 47 | 48 |
| 5'6" | 167.6 | 15 | 16 | 18 | 19 | 21 | 23 | 24 | 26 | 27 | 29 | 31 | 32 | 34 | 36 | 37 | 39 | 40 | 42 | 44 | 45 | 47 |
| 5'7" | 170.1 | 14 | 16 | 17 | 19 | 20 | 22 | 24 | 25 | 27 | 28 | 30 | 31 | 33 | 34 | 36 | 38 | 39 | 41 | 42 | 44 | 45 |
| 5'8" | 172.7 | 14 | 15 | 17 | 18 | 20 | 21 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 35 | 37 | 38 | 40 | 41 | 43 | 44 |
| 5'9" | 175.2 | 13 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 28 | 30 | 31 | 33 | 34 | 35 | 37 | 38 | 40 | 41 | 43 |
| 5'10" | 177.8 | 13 | 14 | 16 | 17 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 34 | 36 | 37 | 39 | 40 | 42 |
| 5'11" | 180.3 | 13 | 14 | 15 | 17 | 18 | 20 | 21 | 22 | 24 | 25 | 27 | 28 | 29 | 31 | 32 | 33 | 35 | 36 | 38 | 39 | 40 |
| 6'0" | 182.8 | 12 | 14 | 15 | 16 | 18 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 28 | 30 | 31 | 33 | 34 | 35 | 37 | 38 | 39 |
| 6'1" | 185.4 | 12 | 13 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 24 | 25 | 26 | 28 | 29 | 30 | 32 | 33 | 34 | 36 | 37 | 38 |
| 6'2" | 187.9 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 30 | 31 | 32 | 33 | 35 | 36 | 37 |
| 6'3" | 190.5 | 11 | 13 | 14 | 15 | 16 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 |
| 6'4" | 193.0 | 11 | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 | 32 | 33 | 34 | 35 |
| 6'5" | 195.5 | 11 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 30 | 31 | 32 | 33 | 34 |
| 6'6" | 198.1 | 10 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 23 | 24 | 25 | 27 | 28 | 29 | 30 | 31 | 32 | 34 |
| 6'7" | 200.6 | 10 | 11 | 12 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 32 | 33 |
| 6'8" | 203.2 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 29 | 30 | 31 | 32 |
| 6'9" | 205.7 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Obesity is costing us in many ways. There are a lot of companies that are willing to help consumers get to the rights weight. There are currently 5 classes of drugs that the FDA has approved. The amphetamine class of drugs are no longer recommended for weight management

because of the harmful effects. Surgery is recommended for extreme obesity, especially if recalcitrant to medical therapy alone.

I am now 63 years old and my current BMI is around 33 to 34 percent which is considered obese. I have diabetes and my last glycohemoglobin was 6. I have abnormal lipid profile based on my hereditary background as well as my dietary habits. Normal total cholesterol should be less than 200mg/dl. Bad cholesterol also known as LDL should be less than 100, and in some settings less than 70 would be recommended. Good cholesterol, HDL, should be above 35mg/dl. There are many people who are obese and have normal blood pressure, glucose, and cholesterol. They feel great and probably don't have much to change, however weight management is recommended to prevent joint disease and insidious disease like diabetes. Another important but less known number is triglycerides. Triglycerides should be less than 150mg/dl. If triglycerides are too high it can give a false elevation in serum glucose. Sugar should be between sixty and one hundred mg per deciliter. Glycohemoglobin or hemoglobin A 1 C should be less than six or even 5.5 to indicate optimum control of diabetes.

3. Immune system and inflammation play a vital role in wellness and longevity. Doctors are beginning to understand how inflammation, which can often be alleviated, is a major mediator in swelling and pain. Whenever there is infection in the body, the immune system is on high alert and mobilization of the body's T cells and other lymphocytes and leukocytes is in full gear. The result of this is inflammation which if prolonged may cause damage to the tissue surrounding it. Long-standing inflammation can lead to pain and destruction to joints, connective tissues and nerve endings. It can lead to dysfunction within the cellular DNA and lead to abnormalities including tumors. The best way to fight infection and enhance the immune response is by living healthy. That is by avoiding infection in the first place through personal hygiene and protection from the offending disease, and taking prophylaxis and vaccination when necessary. An important and often under recommended routine is adequate hydration and vitamin c supplementation, along with periods of rest and appropriate exercise. Fruits that are rich in antioxidants are the berry variety. Brazilian berries and açai berries are the best source. I supplement with açai berry and take vitamin C 1000 mg daily. Anti inflammatory medication has been available since the 1920 and thirty's with the advent of steroids based therapy. Now we have many over the counter non steroidal anti inflammatory

drugs like naproxen and ibuprofen. These drugs have a lot of intolerable side effects especially in long term use. Now available and seem to be flooding the market are leukotriene inhibitors that regulate the production of inflammatory mediators produced by white blood cell, leukocytes. All the above drugs are effective in reducing inflammation but he come with side effects including heart disease, kidney failure, and rarely death.

There are certain an behavior that increase inflammation like poor dietary habits, sedentary life style, drug, cigarettes, and alcohol use. We know some things like fruits rich in vitamin c and antioxidants increase the body's ability to fight inflammation and infection. We are beginning to understand the role of inflammation in chronic disease like diabetes and obesity. The stronger the immune system the less likely inflammation will cause great damage to tissue. There are ways to measure inflammation through blood test. Like CRP, or BNP, but these test are nonspecific.

4. Genetic factors that affect our physical health can be mild like having an extra nipple or a sixth toe to a more significant disability like muscular dystrophy. There is a relatively new field of study know as epigenetics where it is believed that we posses a gene that requires a signal to express itself. This explains how a non smoker would develop lung cancer and visa versa. It takes more effort for a person afflicted by some hereditary disease to stay healthy and live a long and happy life. In this country and elsewhere we have become more cognizant of individualism and individual needs as demonstrated by handicap access. A person with a handicap must also be vigilant in an individualized exercise and diet program. Indeed, we have mental and physical genetic peculiarities that tend to run in families that makes us prone to develop certain diseases. Heart disease, diabetes, obesity, mental illness and some cancers run in my family and trying to maintain a degree of homeostasis and balance in key areas of my health would seem likely to enhance survivability.

MENTAL HEALTH

1. Cognition is what sets man apart from every other living being. Our ability to solve simple and complex problems resides in our two to three hundred billion neurons that make up our center nervous system primarily our cerebral cortex where executive decision is made. The

ability to create, perform, and complete complex tasks while maintaining focus and concentration requires these cells to communicate with each other. Each cell has its own machinery to live, but must live in unison with the others. It does so with its unique lipid membrane which has two layers and allows for certain molecules to pass for enhanced communication. This is why eating fish oil, specifically Omega 3 lipids, can be good for memory and brain health in general. All of the trillions of human cells have this type of membrane making the omega 3 fatty acids also found in walnuts also healthy for consumption in joint health as well.

Dementia affects and kills millions of people annually. The most common type is Alzheimer's. Alzheimer's is suspected based on clinical grounds but the diagnosis is usually confirmed on autopsy with the findings of neurofibrillary tangles. There are no known causes of Alzheimer's dementia. There is no singular effective treatment for Alzheimer's. There are some forms of dementia which are preventable. The bulk of dementia is caused by vascular disease, like mini strokes. Other dementia are caused by alcohol or other neurotoxins. Nevertheless, the onset and progression of dementia will often lead to a more rapid physical decline.

2. Memory, short term and long term , is one the earliest indicators of dementia and begins to occur when a patient is early in the disease and is aware of the memory lapses. Memory changes in dementia sometimes worsen rapidly and in other times has a slower decline. In some cases the dementia may stabilize and progress so innocuously that it escapes diagnosis. There are many online course and techniques to improve your memory. There are commercial memory boosters available that are usually derived from fish and deep seawater ingredients. I recommend omega 3 rich foods, such as walnuts skin on salmon fillet etc... I also take an omega 3 supplement. Memory, including recent, remote, cellular and muscle memory are ways that allows an organism to survive and indeed thrive in its environment. Human are similar yet we differ because of free will. There are routine mental exercises that you can do daily that strengthen our memory and foods that we eat which keeps us healthy and less sluggish. A good night sleep along with mental hygiene or psycho hygiene exercises are necessary to keep your mind alert and keen.

3. The first outcome of insomnia is sluggishness and memory deficits. Sleep is universal to all living creatures that rely on a brain to function. This rest period varies from person to person as well as from species to species. Sleep and memory are linked and probably use the same

neurological pathways. Your body knows exactly how much sleep it needs every night. Sedatives and hypnotics are no longer recommended for insomnia because of the harmful side effects. Most people need about seven hours nightly of restful sleep give or take a few to have normal function. About 5 to 10 percent of the population can function on less sleep nightly. Insomnia is a common problem that affects millions world wide. The best treatment for insomnia is improving sleep hygiene, eliminating all noise and light pollution and relaxation techniques as well as avoiding late night meals or caffeine intake. It is never a good idea to use substances including alcohol to aid in sleep.

4. Genetic and other considerations in mental health refers to those who struggle with schizophrenia or suicidal depression. Recent studies postulate that there may be a genetic precursor to Alzheimer's dementia. There is a blood test available now that predicts a likelihood of developing Alzheimer's disease. These illnesses require professional care and management need to be personalized and have direct involvement of caregivers. Some people are prone to mental illness because it runs in their family. Others can probably avoid mental health issues with proper mental and psycho hygiene as well avoiding or limiting certain substances including alcohol. Prevention of acquired mental disease like anxiety, depression, certain bipolar disorders, mood disorders as well as eats disorders is possible through the practice of mental or psychological hygiene. This cleansing process of the mind is done through proper sleep, proper diet and exercise, optimistic attitude and a way to relax through meditation as well as a healthy connection with others. While using a substance may actually help certain symptoms, it is making matters worse in terms of addiction and worsening existing symptoms. For example cigarette smoking leads to more smoking and even my promulgate alcohol use. While cigarette smoking may "relax ", it may actually trigger more anxiety. Usually an obsessive-compulsive disorder (OCD) develops because of the addictive potential of nicotine. Same goes for alcohol, but the price is greater because alcohol can be more toxic to the body. Especially at risk of even minor toxicity is the human brain. In fact, many people will drink a six pack of beer without thinking much of it. Drinking beer or any form of alcohol at higher levels and for longer times increase the risk of alcohol related mental illness it usually begins insidiously by inhibiting the absorption of vitamin B1 an B12 and zinc. B vitamins are necessary for neurological development. I always tell patients that consume alcohol to supplement diet with B complex vitamin.

SOCIAL HEALTH

Relationships are based on trust, honesty, and the value we place on our friendship with others. We depend on our young to usher us into retirement while we care for our elderly. Long standing healthy relationships like marriage adds to one life expectancy and happiness. Many problems arise from unhealthy relationships including abuse, depression, anxiety, adulterous and illegal activity. The only thing that we can take with us in the afterlife is the memory of our relationships. It is enriching to foster healthy relationships, as it is important to avoid or mend unhealthy ones. Maintaining a open mind and a clear sense of values will help establish healthy relationships at home and our workplace. Unhealthy relationships lead to negative emotions like anger, resentment and self pity which can promote violence and addictive behavior. Moreover negative emotions which have a mental basis can actually lead to physical illness. This is scientifically proven. Your brain tells your body, specifically your adrenal glands located above your kidneys, to produce cortisol. Cortisol is a stress hormone that increase your blood pressure, glucose, and other neurotransmitters. It increases inflammation and reduces the immune response. Emotions refers to energy in motion. Having a positive outlook will allow for positive emotions to flow through you.

2. Community service is an important aspect of your social health because it keeps you connected in positive and optimistic ways that have a strong impact on your health. It is especially rewarding if you find joy and a job where you are performing a service to helping others in an honest and fulfilling manner. This process begins in childhood where the emphasis is on the joy part of a job. Community service can mean so many things. The community service here is an attitude that arises out of respect and responsibility. So for example giving when you can is a form of community service.

3. Your current vocation is what you do for a living or to stay occupied. If you are a student then it is education. If you are an attorney and a painter, then painting is your hobby or vocation. Your career choices are based on your likes, dislikes, and your skills. If is solely based on income it

will. It be fulfilling in the long haul. Hobbies are learned behaviors that usually start early and bring amusement and relaxation to the mind. It allows us to have simple smiles which I'm sure is controlled by pleasure hormones that are secreted through our brain. Oxytocin is one such hormone that is released when a mother is breast feeding her child. Whatever your job, hobbies, or vocation, the ability to laugh smile or humming a tune in your head will provide invaluable source of stress reduction in an ever increasing stress filled society. Stress causes physical harm. Find a hobby or vocation that will enable you get reprieve from negative emotions or time to process difficult ones like guilt or shame. The internet provides ample opportunities to find something to keep you laughing or crying, but spending more than one hour on the internet or in front a television can be harmful.

4. Legal problems plague most of us in today's fast paced world. The law is an important but imperfect part of civilized societies. The stress of legal responsibilities or illegal activity can have mental and physical effects that manifest as hypertension or anxiety. We can have an impact on the recent wave of school violence if we are respectful of the law and allow fair and honest policy to guide us in developing peaceful work and school environment. We used to have more violence in the workplace, but thankfully fairness and a healthy attitude has curbed workplace violence. We are now addressing the issue of workplace sexual harassment. A spiritual leader once taught me the only real law is as old as man and best worded by Jesus of Nazareth that states we should treat others as we would want to be treated. Sometimes the law seems unfair but the pendulum of justice is dynamic and always moving to the center.

SPIRITUAL HEALTH

1. Inner self describes the faith that resides within. It is the force that drives you to wake up daily and look forward to what may come. It provides a sense of belonging to a much larger source of energy. It helps to begin the explanation and the reason for our being. This is where your superego tells what is different compared to the ego.

2. Outer self is where and how you present yourself to the rest of the world. Hope and confidence instill a sense of belonging and provides a space for you in your environment. Your confidence is based on being a well rounded person with a balance of humility and grace doing the thing that you are good at. Physical and mental hygiene is important to maintain because it reflects your health and your attitude towards life. This is where your ego resides.
3. Acceptance is probably the area where most of us struggle. This is a sticking point in our lives because it invokes the deep pain that is sometimes associated with change whether it is voluntary or forced upon us. Acceptance is the willingness to realize any change in circumstances and understand that it is most likely transitory. It is looking at events from an optimistic angle whenever possible. Tolerance is a form of acceptance and it is a cell or an organism's key to its survival given its surroundings. So tolerance is rooted in our genes and acceptance is an extension of it. In reality, there is really nothing you can do other than accept your fate no matter what it is. I think a key to allowing acceptance to heal your negative emotions is to forgive yourself and others for events that did not turn your way.
4. Forgiveness is the best way to release negative energy. Sometime it is difficult to determine what and who to forgive, but having the general understanding of forgiveness of one's self and others for circumstances that are for the most part out of our control. One of the biggest hurdles or roadblocks to forgiveness is anger. We become angry and fuel it with blame, usually aimed at those who are closest to us. Forgiveness is like giving. It allows us to open up the third chakra which is the heart which naturally draws energy inward while allowing the flow of energy emanating from the first two chakras to complete a circle which is the whole point and the actual meaning of chakra in eastern medicine. The feeling of your heart skipping beats or faintly beating out of your chest comes from this flow of energy when you freely give. There are levels of forgiveness based on the level of insult or injury and the anger and blame associated with it. The best example of that is a father who forgave his son's murderer and visited him in prison to personally tell him and hug him. This level of forgiveness occurs at the highest chakra and allow for tremendous release of negative energy and fill the heart with positive energy. It creates a pathway towards mental and physical healing.

DIET

1. Carbohydrates are what your body uses first for its energy consumption. Your body uses about 750 kcal per day for basic metabolic function. To maintain your weight at the recommended BMI percentage you would need to consume 1800 to 2000 kcal per day. Carbohydrates provide 4 kcal per gram of energy. What your body doesn't use that day gets stored as fat for later use. The body is in constant homeostasis and vacillating between carbohydrates degradation for energy consumption and the development and breakdown of fats for energy demand. If you fast for a prolonged period of time your body will begin to breakdown protein which is unhealthy. There are simple carbohydrates and complex carbohydrates. Fruits are simple because they are made from 2 to 3 chains of glucose. Complex are vegetables, grains, beans, wheat, oats. Only way to get fiber is through carbohydrates. Fiber is important for digestion. Simple carbohydrates provide pectin. Pectin is soluble helps with forming stools. Complex carbohydrates provide fiber which helps with water resorption and waste removal. The zone diet is recommended for most adults which uses 33 percent carbohydrates, 33 percent protein, and 33 percent fat. A plant based whole food diet is recommended by most doctors because of its health benefits and nutritional value. Refined sugars like the ones found in sugary drinks and candy provide empty calories because they lack nutritional value. Alcohol is a carbohydrates that provides 7 kcal per gram. It packs on the weight because it also provides empty calories meaning no nutritional value.
2. Fats provide the most kcal per gram. More than twice as much as carbohydrates and proteins put together at 9 kcal per gram. There are good fats and bad fats. Good fats are mono or unsaturated and are liquid at room temperature like olive oil. Bad fats are saturated and are solid at room temperature like butter. Generally speaking animal fat is less healthy than fats derived from nuts or dairy, or vegetables. If you are trying to lose weight in a healthy way try limiting fat intake to 20 percent. A certain amount of fat is needed in the diet for

digestion and other bodily functions. Fats are needed to develop neurotransmitters, hormones, and transport molecules important for cellular function.

3. Proteins are the building blocks of the body and provide 4 kcal per gram. They make up the genetic material of the cell and its machinery. Proteins provide integrity to the cell structure. The best protein source is fish with skin. It is almost impossible to eat protein without any fat. Fat provides the cooking source and flavor. Fish has most of its fat in the skin where most of the fish oils are. Soybean is a healthy source of protein. Lentils and peas also provide twenty to thirty percent protein. Eggs are an excellent source of protein and good fat. Proteins are needed for reproduction, immune strength and energy production as well as basic metabolic function. Some muscle builders want to eat excess protein but in the long term this is bad for the kidneys and digestion. I don't personally recommend protein bars because nothing replaces a home cooked balanced meal, but when you miss a meal and go mountain climbing then take a bar without you. As stated previously, most medical clinics recommended a Whole Foods plant based well balanced diet for disease prevention.
4. Other considerations include liquid intake. Specifically water intake is recommended and is extremely important in digestion, cellular function, cooling the body and flushing the kidneys and urinary system. Adequate clean water intake while limiting caffeine, alcohol, and sugary beverages is recommended for longevity and wellness. Fresh fruits and vegetables contain water plus vitamins and minerals that restore energy and cell function. Most teenagers require 3000 to 3500 kcal per day for their energy needs and growing bodies. Unfortunately as adults we keep the calories up and we don't need that much because our metabolism has slowed and we are less active. What's not used for energy is stored as fat. The best diet associated with wellness and longevity has historically been the Okinawa and Mediterranean diets. Okinawa in Japan boasts the largest number of centenarians. They eat four to five small meals per day consisting of fish fresh or lightly cooked vegetables with plenty of broth and limiting caffeine and alcohol use. Green tea is also on the menu. The Mediterranean diet consists of green leafy vegetables with olive oil and oriental spices that have health benefits. Chickpeas is one of the protein sources used along with lamb, fish and poultry. Alcohol intake is a double edged sword in that on one hand it seems to help with certain human conditions and norms while on the other hand it can wreck havoc on individuals and society as a whole. Unfortunately every year we have to teach our children

to ignore the bombardment of advertisements to all things bad for you in excess and sift through all of the real and fake medical news and learn what is important and what is not.

EXERCISE

1. Aerobic exercise consists of brisk walks, jogging, and yoga to name but a few out of hundreds of examples. It is the best form of exercise for the cardiovascular system. It leads to general good health in all of the different aspects of health from joints to muscle and the immune system. It helps with mood and curbs depression. Exercise tends to be age dependent, for example, I played baseball and football when I was a kid then softball and paddle ball as a young adult. Now I walk and do yoga. I tend to do my yoga and meditation exercises together when I can. There are ways to train yourself to achieve the best possible target for aerobic exercise and is based on calculating your maximum target heart rate. To achieve marathon level aerobics there is high intensity intermittent training (HIIT) which some times combine anaerobic with aerobic exercise.
2. Anaerobic exercise is important because it builds muscles and strength. Most commonly it involves using weights to build arm and leg muscles. Anaerobic exercise means that the muscles are working faster and harder than the oxygen supply versus demand is able to achieve. It usually leads to a build up of lactic acid in the muscles and that causes stiffness and pain. Excessive anaerobic exercise can be harmful to cells, joints and ligaments in particular.
3. Stretching is important to prevent muscle and joint injury. As you get older the stiffer your muscles get due to loss of elasticity in tissues and blood vessels. A warm up and a cool down stretching technique is important for every exercise whether done daily or weekly. There are three types of muscle in our body and they include skeletal which is voluntary, smooth or involuntary lines the blood vessels. Lastly there is cardiac muscle that is made of specialized cells that has its own nerve supply causing its contractions involuntarily and regularly for a

billion beats by the time you are at an old age. Stretching of the major muscles groups in the legs arms back and neck should be done daily and sometimes twice a day for about five to ten minutes. Back pain is one of the most common causes visits to the emergency room. Most of us have back or neck pain at certain times in our lives either due to injury or routine work. From my experience 90 percent of it can be prevented by daily stretching exercise and a change in the mechanics of the pain source. This is a perfect example where one issue can lead to multiple medical problems that can affect your health for decades and lead to poor quality of life. Neck pain can cause poor sleep which can lead to depression and addiction. All of this is preventable.

4. Breathing is the most important thing you can do. Breathing is controlled by voluntary and involuntary muscle contractions. The exercise of breathing can immediately lower you blood pressure, ease anxiety and diminish pain within seconds. Controlled and regulated breathing often practiced during yoga and meditation allows the body to relax and release endorphins that help manage pain and anxiety. Normal breathing is about 6 to 20 breathing per minute depending on age, sleep and activity. Hyperventilating can cause or be caused by anxiety or fear and if not managed an lead to dizziness and loss of consciousness. One of the ways I control my migraine and tension headaches is sitting in a quiet room and perform breathing exercises and soon the headache is managed.

MEDITATION

1. Stress reduction and pain control can best be managed by routine meditation. This exercise like other exercises releases neurotransmitters that immediately restore wellness through a psychological-neurological pathway that is available for human adaptation. Intact through hypnosis and meditation and without anesthesia or drugs people are able to have minor medical and dental surgical procedures without pain. Anxiety management begins at a young age when we teach the young how to properly meditate. Meditation can be done anywhere and anytime and can last minutes to hours. Practice makes perfect and there are numerous

types of meditation that includes mindfulness and imagery. In my book, *Nation Heal Thyself*, I include an example that I often use.

2. Energy restoration is accomplished through adequate sleep and rest. Meditation can assist in sleeping. A few minutes of mindful or imagery meditative exercises can alleviate stress and instantaneously restore energy to get you through your day. Meditation when done with proficiency can redirect energy flow and healing to targeted areas of the mind and body. It can alleviate negative emotions like anger. It can restore positive emotions like happiness. It can lift empathy and alleviate depression.
3. Realignment or opening chakras is believed in eastern medicine can recycle energy that can be trapped in certain disease states. Your chakras are energy pathways that connect the body mind and soul to its origins and higher consciousness. This theory of medicine is about seven thousand years old and it states that energy is often trapped in many diseases. When energy is trapped in one location it interferes with flow throughout the entire system. For example, insomnia which is lack of sleep, creates trapped energy and this creates an imbalance that includes fatigue, headaches, depression, anxiety, addiction, even loss of confidence in oneself and one's ability, not to mention the dominos effect down the line to the immune system and inflammation. The best way to open chakra energy pathways is to do meditation along with some activity like yoga or walking.
4. Practice meditation daily and when your energy flow is optimal you will feel it. It's like a runner's high or being at the top of your game. Try different meditation to find what best suits you. You may even create your own strategy where you repeat a life's mantra or prayer. Your body has a tremendous ability to heal itself and it begins here. Meditation and prayer are not the exact same but are often done together.

PRAYER

1. Prayer differs from meditation in that it is about the non self, meaning that one prays for the the healing of others whereas meditation is about healing your own body and mind. Prayer should always be practiced daily formally or informally. It can be a simple repeat of a mantra

about being kind to others to long rituals at home or a place of worship. Prayer is about community and fellowship. Prayer can be used to heal large groups or communities. Prayer is the oldest form of medicine and it's is the medicine of last hope for the severely and dying. It has been used to curb natural disasters, war, and famine. Dharma is the relationship you have with your higher power. Karma is the energy that flows through that relationship. We are all connected through this collective consciousness and so our karmas are connected whether positive or negative.

2. Inner voice is the voice within you that controls self talk. Self talk can be irrational and often will react to emotions. The inner voice is above the self talk and controls the mind ability to separate rational and irrational thoughts. The anatomical location is believed to be the pineal gland which sits at the base of the brain. The pineal gland is responsible for secretion of major hormones and neurotransmitters that control body functions and regulate the 24 hour circadian rhythm.
3. Suffering is relieved through prayer. When we suffer we are experiencing a negative energy or emotions somewhere in our body or our environment and through prayer we are able to release that energy and allow for healing. It is no surprise that prayer has provided for explained and unexplained miracles throughout our short history on this earth. We are born into sin and suffering according to the scripture of the the largest religious institutions in the world. The Torah, Quran and the Bible all share the belief that will suffer and struggle and the only way out of it is through God's grace. Prayer should be looked at as using positive and optimistic outlook and hope to give gratitude for the many gifts that we are afforded. In many cases what seems to be a hardship turns out to be a gift.
4. Gratitude is the key to relieve stress as suffering. Through positive energy flow we are able to relax, relive anxiety and control pain. We are always in search of constant happiness, because this allows us to mask, hide or ignore all of the negative emotions that come through suffering. By having unconditional gratitude for your circumstances and allowing the process of "letting go, and letting God..." expel all negative energy and emotions, you can begin the process of healing. I was taught in medical school that pain and pleasure are carried along the same nerve cells and fibers, the only difference is the flow and quantity of energy in them.

CONCLUSION

The self assessment questionnaire is based on the decades of experience as a doctor, a father, and a son of immigrant war refugees and the experience of the many patients who were willing to share their health concerns with me. The self assessment takes into account all the important aspects of wellness and longevity and incorporates it into our daily lives.

This assessment is intended to be taken frequently and honestly. It should be shared with your health care provider. It can be shared with a spouse or family member that cares about you and can give you an honest appraisal of your current situation. Your doctor or healthcare provider is a valuable source of medical information and can help you control hypertension, obesity, and depression. Medicine is a non exact science and is a dynamic field in that information changes regularly and as a result so do medical recommendations. The basics of primary prevention has remained fairly static. The field of secondary prevention where, for example preventing the onset of diabetic foot ulcers or stroke from hypertension has become more dynamic and lucrative for the medical industry. The development of endoscopic procedures namely colonoscopy has saved many lives and have prevented early polyp formation from getting colon cancers. Hopefully the field of medical genetics will be valuable in primary prevention in the years to come.

MALIK H DABABNEH, D.O.

FOUNDER, preventionhealthscore.com.