



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

My daily health routine

Being a health fanatic, I'm often asked about my daily health routine and supplements.

I exercise 6 mornings a week for about 30 minutes in my small home gym.

For breakfast I have a whey protein milkshake with a teaspoon of our American Colostrum added and an egg. I take this to try and prevent muscle loss due to age (I turn 65 in Dec). I used to skip breakfast to have a clearer mind for writing, but find a protein drink doesn't cause drowsiness as did a carb breakfast.

Mid-morning I have a fruit, usually a kiwifruit, and a glass of water mixed with ginger, cinnamon and Stevia. Lately I've started testing our new Protein Boost and like it so much I now add 2 tsps of this to my drink. I also take my daily CoQ10-Omega3 capsule and either a DHEA 7-Keto or one of our Boron+Selenium capsules. I take the DHEA to maintain healthy levels of this youth hormone and Boron and Selenium help keep joints and prostate healthy, maintain testosterone and keep my immune system in good order. These two minerals are in CAA but the extra seems to help.

Lunchtime I usually have two sandwiches (typically butter and banana) using my homemade wholemeal bread. Sometimes instead I'll have wheat porridge (which I grind myself with 20% ground flaxseed added) made with milk and topped with cream and our Stevia Sprinkle for sweetening. Or once a week a small plate

of salmon and avocado mixed with our seasoned RealSalt. Really nice.

I finish my lunch with 2 brazil nuts, eaten with a date, which I find a tasty combination. Finally an orange, pear or feijoa according to season.

I try and avoid the chocolate biscuits, etc, that my sweet-toothed wife Marie temptingly displays in the pantry, not always successfully. Also my 93 year old Mum, who would like to see me plumper than my 70kg (176cm height and 83cm waist) bakes for me. So Sundays I often skip breakfast and lunch to atone for my lunch diet sins of the week.

My next food is our evening meal, usually prepared by my wife and of her own choosing, typical Kiwi fare, veggies, fish, etc.

I prepare a quick dessert myself, canned fruit or stewed rhubarb from the garden, with unsweetened yoghurt and a little cream on top, sprinkled with Stevia Sprinkle.

I then have a warm Milo drink, made with full cream milk (from a local dairy farm) and stir in a tsp of molasses. I love it. Finally I finish off with one of my homemade, wholewheat afghans, half a slice of my bread buttered and an apple. Then my daily CAA and Coral C capsule with a glass of water mixed with ginger and stevia. Nothing else before bed.

Some nights around 10pm I'll go out for a 10 minute run followed by a 15 minute brisk walk.

Call free on **0800 140 141** or
visit www.healthhouse.co.nz

