

THE DOCTORS'  
PRESCRIPTION FOR

# Healthy Living

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Our  
Annual  
WOMEN'S  
HEALTH  
Issue!

## Hormonal Balance & Vibrant Energy Formulas

*Let's Stay Together's*  
Joyful Drake  
Shares Her Favorite  
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SUZANNE  
SOMERS  
Redefines  
Aging!







Suzanne Somers  
in the kitchen.

## Suzanne Somers Redefines Aging

The nutritional supplements and natural health therapies that could extend your life!

by Kim Henderson

All of us here at *Healthy Living* appreciate actress and natural health advocate Suzanne Somers. Perhaps that is why she is appearing on our cover this month for a record fourth time! The actress, best-known for her roles as Chrissy Snow on the hit sitcom *Three's Company* and as Carol Lambert on *Step by Step*, has become a tireless champion of alternative health. Through several bestselling books—namely *Ageless*, *Breakthrough*, *Knockout* and *Sexy Forever*—Suzanne has introduced a legion of women to bio-identical hormone replacement therapy, the value of nutritional supplementation and a host of preventive and alternative therapies for diseases such as cancer. Whether you agree with the natural health therapies she advocates (they have been both hailed and harshly criticized) or not, Suzanne contributes significantly to the public dialogue on health. More importantly, she continually encourages people to get informed and take charge of their health.

In her new book, *Bombshell: Explosive Medical Secrets that Will Redefine Aging*, and on *The SUZANNE Show* weekly on Lifetime, Suzanne does it again. She speaks to the most cutting-edge medical doctors and experts on aging and shares what she learns. If what the experts say is correct, our future looks bright! But to reap the rewards of anti-aging science, we still must take excellent care of our health today. And that's what this interview with Suzanne Somers is all about.

**Healthy Living:** Thank you for stimulating and directing an important conversation about healthy aging with your new book *Bombshell*. Currently, with the rates of cancer, heart disease, Alzheimer's, diabetes and stroke, we need to make changes! What message do you have for our readers about preparing for healthy aging?

**Suzanne Somers:** My mission is to live a healthy and robust and productive life 'til the day I leave this earth; that is my only goal relative to healthy aging. To accomplish this is work, but being sick is a lot more work.

Consider:

- + Supplementation based on blood, urine and stool testing;
- + Eating organic foods;
- + Moderate exercise. Do something every day to elevate your heart rate ... even for a few minutes;
- + Eliminating toxins from your home: soaps, cleaners, etc.;
- + Intravenous (IV) drips of glutathione and vitamin C; glutathione is the body's most powerful antioxidant and cancer hates vitamin C in IV form;
- + Eliminating toxic relationships;
- + Surrounding yourself with those who love you and those whom you love;
- + Practice real forgiveness;
- + Thinking positively ... every one of our 50 trillion cells is like a person, and it communicates with all the other cells, so if you are happy, all your cells will also be happy; if you are miserable and negative, all your cells will have to deal with this stress.

**In *Bombshell*, you talk about how important it is to have a healthy elderly population because they have needed wisdom to impart—but poor health (i.e., memory loss) is inhibiting this nat-**

**ural cycle. It's refreshing to have a Hollywood actress embrace and acknowledge the value of aging. Can you please elaborate on this idea of embracing the benefits of old age?**

Many of my friends are on so many pills and statins, they can't remember who they are phoning and hope they'll recognize the voice that answers. They walk into a room and can't remember why. Their livers are groaning from toxins, they're overweight, their eyes have lost their light and they say things like, "Well, I've lived longer than my father," when their father died in his mid-fifties. Plus, they are not having sex. Most people who are sexual are healthy.

To be one of the "wise" ones is a true gift to humanity. We have always gone to the elders of the tribe for advice and wisdom, but with the pharmaceuticalization of our seniors, that gift has been taken away. There is no drug without a consequence, so it is wise to avoid them unless absolutely necessary. That way you can hang onto your wisdom for the upcoming generations in your family. You can teach, and teach from perspective, which is not something learned in school.

**The future is bright. Your conversation with futurist Ray Kurzweil featured in *Bombshell* is incredible! What can you tell our readers about nanobots that augment the immune system?**

Nanobots, according to futurist Ray Kurzweil, will dramatically change the present paradigm of aging. Tiny robots the size of a blood cell, nanobots will roam through the body preventing cancer, stroke, and diabetes, and will vaporize plaque in your arteries. This means in a short 15 or so years from now, the diseases that plague society today will no longer be an issue.

The catch is that you have to arrive there (the future) in great health. You can't limp into it. In order to capitalize on this future therapy, you can't roll up in a wheelchair with tubes out of every orifice hoping for a Lourdes moment; you have to be healthy.

***Bombshell* emphasizes that to be healthy for the long run and to protect oneself against cancer and other diseases, a healthy immune system is key. What are some basic actions people can take (or avoid) to ensure their immune system is healthy and strong?**

If you can afford it, the supplement TA-65 regrows the telomeres, the "tail" at the end of each cell. Longer telomeres, longer life; longer telomeres, stronger immune system, according to research.

The immune system is made strong by a se-

ries of things: eating real organic food, sleeping seven to eight hours nightly, replacing declining hormones with bio-identical ones, avoiding toxins in your home and food, and having love in your life. It seems simple, but most people don't do any of these things.

**Why are enzymes and probiotics so important for gut and overall health?**

Our gut is constantly under attack by toxins in our food, water, air and household cleaners. They create an unhealthy environment in our gut, so we have to restore the friendly bacteria with probiotics to aid digestion and relieve the body's problems like constipation and bloating and storing toxins in our fat cells. Enzymes sweep toxins from the pancreas and liver.

***Bombshell* notes that keeping the body in a slightly alkaline state (7.0 pH) and eating foods and taking supplements that keep inflammation levels low are also important to longevity, as many diseases thrive in a more acidic environment. What foods and supplements are key for achieving a healthy body pH? How can omega-3 fish and flax oils help with this?**

Drinking alkaline water is important; at least one glass a day. I also take a powdered supplement, Bio-Terrain, every morning and every evening. Asparagus is very alkaline, as are many other vegetables. Omega-3 fish oils and all essential fatty acids are key to health. They are called "essential" for a reason; they are essential to life, but we have to get them from outside our bodies. Nature thought we'd get a good supply from fish, but our oceans have PCBs, mercury and heavy metals. Flax is also a good source of omega-3s.

**Along this line, why are olive and coconut oil the preferred oils for cooking?**

Coconut oil is great for cooking because it doesn't oxidize at high heat. I like to finish my food with olive oil so it doesn't burn.

**Nearly every doctor you interview in *Bombshell* stresses the need to eliminate toxins, to detoxify**



## Resources

[www.suzannesomers.com](http://www.suzannesomers.com)



*Suzanne and her husband, Alan Hamel, hiking.*

**Healthy Living recommends trying some of these brands when looking for the anti-aging nutrients and health tools Suzanne Somers mentions.**

**Anti-Aging  
Telomere Support**



Maxam Lab's  
Telomerase

**Probiotic**



UAS Labs'  
DDS Plus 3

**Systemic  
Enzymes**



Braggzyme from  
Bragg Live Foods

**Detoxification**



Sunlighten  
Infrared Sauna



Maxam's  
PCA

**Curcumin**



Curamin from  
EuroPharma

**Garlic**



Kyolic Aged  
Garlic Extract

**Omega-3s and Healthy Fats**



Barlean's Organic Oils



PotentSea  
Sockeye Omegas

**Vitamin D**



Vitamin Code RAW D<sub>3</sub>  
from Garden of Life

**Calcium and  
Magnesium**



Coral Complex 3  
from Coral, LLC

regularly and to understand the devastating effects of toxicity on the brain and body. How important is it to limit toxins by buying organic food, using natural cleaning and personal care products, drinking purified water and even choosing toxin-free furnishings for the home, such as organic mattresses?

These things are necessary in order to survive and achieve optimal health. Where is the wisdom in eating, drinking, and sleeping with toxic chemicals? If you connect the dots, we all know that the liver was never meant to process these chemicals. Chemicals are now found in organs and glands, as well as tissues. Far infrared sauna and regular cleanses are very important in today's health regimen.

Several of the doctors featured in *Bombshell* recommend infrared sauna as a method of expelling toxins and promoting relaxation. Can you please tell our readers how infrared sauna helps with detoxification and combating stress?

I have one and I use it to sweat out heavy metals. Little known is the weight loss benefit of sauna detoxing.

*Bombshell* mentions many supplements—too many to cover here. But a few are mentioned repeatedly for their cancer and heart protective, as well as anti-aging effects. Can you please share with our readers a thought or two on the most important supplements?

- + **Vitamin C** is great for everything and is a huge factor in cancer prevention;
- + **D Vitamins** work to sustain every important system in your body: cognitive, endocrine, cardiovascular, immune;
- + **K Vitamins** to prevent atherosclerosis; keeps arteries soft and pliable;
- + **Curcumin** is a powerful antioxidant; antioxidants, for lack of a better explanation, "eat" free radicals;
- + **Aged Garlic Extract** is another powerful antioxidant;
- + **Omega-3s** (fish or flax oil) are essential for life; every cell membrane in the body is made from omega-3s to keep the membrane soft and pliable, so water and air (oxygenation and hydration) can

flow freely in and out. That is life ... water and air;

- + **Calcium and Magnesium** are essential for bones and it's especially important to have a ratio of calcium and magnesium. I have a terrific supplement on my website called Bone Renew. It has calcium, magnesium, vitamin D<sub>3</sub>, and bone minerals: boron, silicon, zinc and manganese;
- + **CoQ10** is vital to trigger the mitochondria, the little energy center of the cell. It is energy and vitality. If you take a statin, it is vital to supplement with CoQ10. The consequence of not taking CoQ10 if you are taking a statin could be a catastrophic heart attack.

You helped popularize the use of bio-identical hormones by sharing your own positive experiences and interviewing the premier doctors specializing in this field in your books. These are natural hormones (not synthetic) that are identical to the hormones in the body. Why should aging individuals consider bio-identical hormone supplementation? And why is it critical that this be done under the guidance of a qualified physician?

Synthetic hormones have been proven to cause cancer. Bio-identical hormone replacement is natural and mimics nature. It is always best to mimic nature. My life on bio-identicals is the greatest I have ever felt ... ever. I do it all: I eat right; I take the hormones determined by lab work; I sleep; I have a libido ... I feel incredibly blessed.

Wrapping it up, what are the basic tenets to ensure a long and healthy life?

Think about how the planet has changed in the past 50 years. If your doctor has not kept up with the changing planet and the growing science, I suggest going to ForeverHealth.com and finding a new vetted age-management doctor in your area. The idea of living longer than ever imagined, to 110 or 120, is not a fantasy any longer. What you want in those extra years is quality of life. Quality of life comes with all we have discussed. Long life, health and wisdom ... are a huge payoff for taking the time now to ensure it. ■