

DR.OZ

FASTER, CHEAPER, BETTER HEALTH CARE

# THE GOOD LIFE

## 32 FOODS FOR A FLATTER BELLY

LOSE FAT & BLOAT  
IN JUST A WEEK

LESS STRESS,  
MORE MONEY,  
ONE PLAN

**FEELING TIRED  
AND HANGRY?**

Your blood sugar  
solution p.42

**BREAK YOUR  
WORST HABIT**

This wacky  
method works

**Eat Well**

**OZ-APPROVED  
TACOS, STEAK &  
ICE CREAM!**

*grow younger*

**USE ANTI-AGING SCIENCE TO RENEW YOUR...**

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**Mini-Guide**

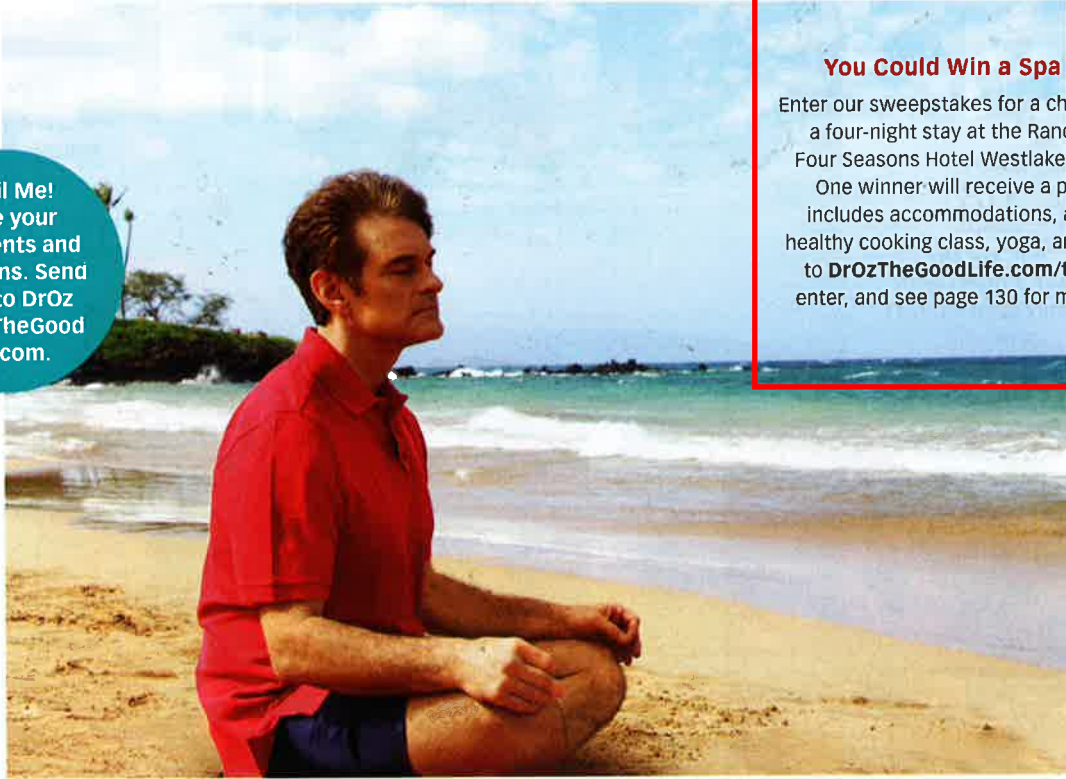
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### You Could Win a Spa Getaway!

Enter our sweepstakes for a chance to win a four-night stay at the Ranch 4.0 in the Four Seasons Hotel Westlake Village, CA.

One winner will receive a package that includes accommodations, amenities, a healthy cooking class, yoga, and more. Go to [DrOzTheGoodLife.com/theranch](https://DrOzTheGoodLife.com/theranch) to enter, and see page 130 for more details.

## Dr. Oz From the Heart

# TIME TO RENEW YOU

All of us get there at some point: Your life is full, but your energy tank isn't. When you need a refresh, you might think that the only way to get away from it all is, well, to actually get away from it all. That can work, but you really don't have to go so far. Some of the most potent forces for rejuvenation are in your mind and right outside your door. Check out three ways to tap into your body's own spring-cleaning powers:

**Get a hit of nature.** I spend a lot of time inside four walls at the studio, hospital, and office. But at least once every weekend, I make it a point to get out under the open sky. Plenty of research shows the benefits of being in nature—it may improve your mood and even reduce that body-wide health wrecker, inflammation. People are catching on worldwide. In fact, on a mountainside in South Tyrol, Italy, one artist set up a “nature cinema”—which is, ingeniously, just a bunch of chairs overlooking a stunning gorge. In my opinion, the benefits aren't just about the visuals. I love the idea that there's always some type of blow-you-away cinema surrounding us. Life streams at you like HDTV, and it's something worth looking at with the volume down.

**Restore your sense of control.** We all have so many obligations, it's easy to feel as if we're not driving life; we're getting yanked around by it. To get back in the cockpit, decide to do something little for yourself daily. For example, take three deep breaths

after your first sip of coffee. Hold a 15-second toe touch before you climb into bed. Shut the bedroom door and sit quietly for five minutes a day—no phone, no distractions. Choose things that are easy, because every time you do what you intended, it's clear that *you* dictate your day. Over time, these little victories can restore your sense of control—and that sense is one of the top predictors of happiness.

### Find one little spot to declutter.

Recently, I cleaned out my T-shirt stash. I like the ones I accrue from events, but they pile up. So I culled my favorites and gave the rest away, and was impressed by how great it felt. Reducing clutter isn't just about the T-shirts or whatever you're discarding; the act communicates something bigger about keeping things simple and calm. It's a small way to get mental and visual relief in an otherwise noisy world. Just pick one area of your life and winnow it. I'm always surprised by how little effort it takes to feel relieved and ready for what's next.

# GET FLEXIBLE AGAIN!

Forget how many candles were on your last cake.  
You can knock years off your body's age simply by stretching.

by **KAREN ASP** photographed by **LAUREN PERLSTEIN**

Tightening up is a normal part of getting older, but when you get cranky aches and pains just trying to touch your toes (or anything below the knees, quite frankly), it's time to fight back. For inspiration, check out all the 80-year-old yoga role models on Instagram who look and feel amazing thanks to flexibility training. And know that stretching can help keep you injury-free, since supple muscles are better able to absorb stress, easing strain on your joints.

Boost your flex appeal with dynamic stretches like these moves from Davey Fisher, a certified fitness instructor at the Ranch wellness retreats in California. (For a chance to win a trip to one, see page 130.) They're different from those touch-your-toes-and-hold exercises you did in gym class. Instead, these improve flexibility with multiple repetitions of fluid movements, slowly increasing range of motion with each rep. Call it your new anti-aging prescription—and unlike that cream you slather on nightly, this one's free.



Lean back for an added stretch while you bring your knee in.

## KNEE HUG

**Targets:** butt and hamstrings

Stand with your feet together, then lift right leg and use arms to pull knee into chest. Hold for a moment as you continue to pull the knee in. Release and switch sides. Repeat 10 times on each side.

## LEG SWING

**Targets:** hips and hamstrings

**A/ Stand** with feet together, right hand resting lightly on a tall stool or countertop, and left arm at side. Shift weight to right foot and, without bending your knee, swing left leg in front of you as high as you can go.

**B/ Maintain** the momentum of the swing as you bring leg back behind you. Repeat the full front-to-back swing motion 10 times, then switch legs. Repeat twice more on both sides.



## BUTTERFLY SQUAT

**Targets:** pelvic area, including inner thighs

Stand with feet wider than shoulder width, toes turned out. Lower into a squat, then use your elbows to push knees outward. Hold for 3 counts, then push through heels to return to start position. Repeat 10 times.



## QUAD KICKBACK

**Targets:** quadriceps and hip flexors

Stand with feet close together, and kick left foot behind you. Balancing on right leg, pull left foot toward butt with your left hand. Hold for 3 counts, then release and switch sides. Repeat 10 times on each side.

## BACK STRETCH

**Targets:** rib cage, upper and middle back, and core

Lie on the floor, supporting yourself on forearms, then clasp hands together. Keeping hips and knees on the floor, push through forearms to slightly lift chest. Lengthen through the torso and press shoulders downward while raising neck upward. Hold for 5 to 10 counts, then slowly return to start position. Repeat 4 times.



Try to create as much space as possible between your collar bone and ears.

[ FIT TIP ]  
Your spine has a natural S curve. Sitting can bend it out of shape, but this move helps to realign you.

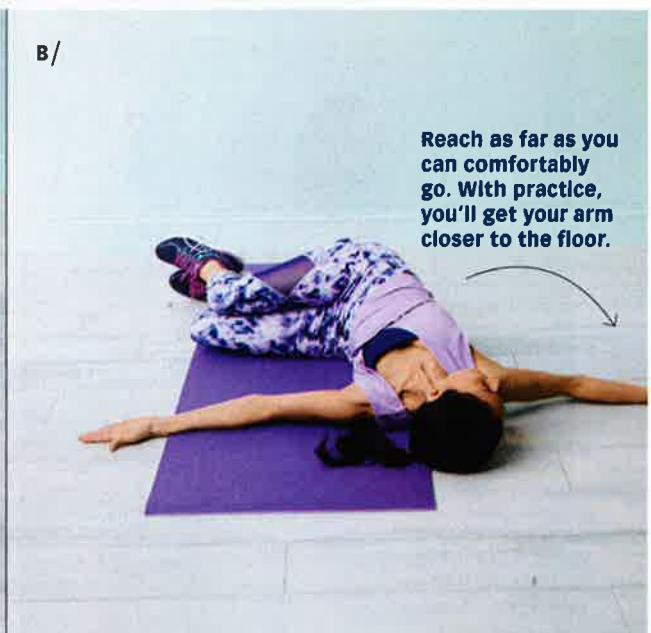
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A/

Don't let your knees drift apart as you rotate your arm.



B/

Reach as far as you can comfortably go. With practice, you'll get your arm closer to the floor.

## SPINE TWIST

**Targets:** chest, upper and middle back, core, and outer hips

**A/ Lie** on your left side with legs stacked, knees bent at 90 degrees, and arms extended out together on the floor at shoulder level.

**B/ Lift** right arm up and slowly roll torso to the right, keeping knees in place and right arm level with shoulder. Return to start position and repeat 10 times, then switch sides.

**ADDITIONAL SOURCE:** Jordan D. Metz, M.D., sports medicine physician, the Hospital for Special Surgery, New York, and author of *Dr. Jordan Metz's Workout Prescription*

# THE goodstuff

PRODUCTS, PROMOTIONS & EVENTS

## ENJOY SIMPLE MEALS WITH CALIFORNIA WALNUTS

Want to make a simple meal special? Sprinkle California walnuts on all your favorite recipes. Visit our Simple Meals Recipe Collection at [walnuts.org](http://walnuts.org).



### Green Beans with Olives, Sun-Dried Tomatoes and Walnuts

#### INGREDIENTS

- ½ C California walnuts, coarsely chopped
- 1T Extra virgin olive oil, or oil from sun-dried tomatoes
- ¾ lb Green beans, fresh, ends trimmed
- ¼ C Mixed olives, pitted, coarsely chopped
- 2 T Sun-dried tomatoes, chopped
- 1½ t Lemon juice
- ½ t Sea salt, smoked or plain

#### DIRECTIONS

1. Place walnuts in a large skillet over medium heat. Cook for 5 minutes or until toasted and fragrant, stirring frequently. Remove from skillet and set aside.
2. Heat oil in same skillet over medium-high heat. Add green beans and cook for 5 minutes or until crisp-tender, stirring frequently.
3. Add olives, tomatoes, lemon juice and salt. Cook for a minute or two more until all ingredients are hot.
4. Sprinkle with walnuts and serve.



## FORGET ABOUT GRIT

Many of us think we need willpower to shake off bad habits, whether they're health or money related. But Chatzky and Roizen have a different philosophy: "We understand the capacity of human beings to mess things up royally, so it's smart to take the human element out of the equation, if possible," Chatzky says. In other words, automate whatever you can, including your 401(k) deductions and investments. "When I focus on a new goal, like saving for a family trip, I open a separate savings or investment account and set up my online banking to funnel money there each month," Chatzky says. To make sure you won't dip into the stash, send the transfers to a bank where you don't have an ATM card; you may even forget the money is there until you need it.

## EMBRACE DO-OVERS

Yes, you can make up for past mistakes, though it might require some sacrifice. "Obviously, for people who find themselves without retirement money later in life, it's not about saving on lattes and buying cheaper shoes, but making cuts in your rent or mortgage," Chatzky says. The point to remember, she and Roizen emphasize: You can always call a time-out, shift your game plan, and make changes that'll count. ■

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