



## Helpful Health Hints From Doctor Oz

(NAPSA)—Despite startling medical advances, you—not your doctor—can best manage your health.

That's the message from renowned New York City heart surgeon Dr. Mehmet Oz in a new medical series on the Discovery Channel. His show, *Second Opinion With Doctor Oz* works to empower viewers to take control of their own health.

“Knowledge is power and you should become the world expert on your health,” said Oz, vice-chairman of the department of surgery at New York-Presbyterian Hospital/Columbia Presbyterian Medical Center and professor of surgery at Columbia University College of Physicians and Surgeons. His approach to healing combines the best of both ancient and modern medicine, and offers practical prescriptions for improving health. Here are some of his suggestions:

### For Healthy Weight:

- Walk more than 5,000 steps daily. Wear a pedometer to count them.

- Limit processed food. Eat food that grew in the ground, not made by a machine.

### To Help Your Heart

- Control your weight. Obesity is the single most controllable risk factor in heart disease.

- Spiritual wellness aids heart health; keep relationships healthy and have things to live for.

### To Clear Your Air:

- Take six deep, lung-filling breaths when you wake up or on the way to work.

- Buy plants to increase oxygen in your home.

### To Strengthen Your Bones

- Like your mother told you: Sit up straight!



**One of the world's best known doctors will offer practical advice to empower his audience on a new TV show.**

- For knees and joints, avoid treadmills and stair/step exercises (excess repetitive motion).

### To Sharpen Your Brain

- To stay alert, keep your mind flexible and to avoid brain shrinkage, daydream, learn new things and try something new.

- Exercise your body to increase blood supply to your brain.

These simple changes can make a big difference in your life, says Oz. In his upcoming show, he discusses health topics with notable guests. For example, Oprah Winfrey will join Oz to discuss her battles with weight. Olympic gold-medal skier Picabo Street will describe how she recovered from knee surgery, producer Quincy Jones will talk about the aneurysm that almost killed him and New York Yankee manager Joe Torre will discuss his battle with prostate cancer.

For more information, visit [www.discovery.com](http://www.discovery.com).