

Can Food Change Genes|continued

a blood test for celiac disease and gluten sensitivity.

What you can do. If you test positive for gluten sensitivity or celiac disease, a gluten-free diet usually will completely relieve the symptoms. Many gluten-free products can be found in health-food and specialty stores.

What I've offered here is only a taste of the potential for nutrient therapy to prevent disease and create good health. Remember, more important than the genes

Follow the basic laws of nature and nurture your body, mind and spirit.

you inherit from your parents are the habits of theirs that you repeat. What you eat, how you live and how you handle stress all have an impact on your risk of disease, because these lifestyle habits influence

how your genes function. Follow the basic laws of biology and nature by nourishing your body, mind and spirit with the right ingredients (food, vitamins, minerals, water, air, light, love, sleep and exercise), and you will thrive.

Note: The dosages I've recommended are higher than the current recommended daily allowances (RDA), which are based on the minimal amount needed to prevent deficiency diseases. However, research in nutrigenomics indicates that our needs may be much higher to prevent and reverse the diseases and to promote optimal health. Discuss with your doctor any questions you have about these conditions.



Dr. Mark Hyman is the editor of "Alternative Therapies in Health" and co-author of "Ultraprevention." His new book, "Ultrametabolism: The Simple Plan for Automatic Weight Loss," (Scribners) is out this month.

Taking Our Pulse

The PARADE/Research!America Health Poll

What Americans Say About Preventive Health

Have you taken any action to stay healthy as you grow older?

Yes: 82%
No: 17%

What are you now doing to stay healthy as you grow older?

Physical activity: 55%
Watch diet: 30%
Good medical care: 4%

More men say they're exercising, while more women say they're watching their weight.

How does your health compare with your parents' health at the same age?

Better: 48%
Same: 38%
Worse: 9%

What's most important in determining health?

Personal habits: 70%
Genes and inherited traits: 23%

Why do you think more people don't make health a priority?

Too busy: 43%
People enjoy unhealthy behaviors: 28%
Just too difficult: 13%

What do you think people would do if guaranteed five more "good quality" years of life?

See a physician regularly: 85%	Practice safe sex: 77%
Drive safely: 82%	Lose weight: 75%
See a dentist regularly: 82%	Manage stress: 72%
Eat a balanced diet: 79%	Exercise daily: 70%
	Moderate alcohol: 68%
	Quit smoking: 66%

Would you want to be genetically tested to determine which medications are most effective for you?

Yes: 62%
No: 35%

Would you want to know what your chances are of developing a disease?

Yes: 49%
No: 48%

Is it more valuable to conduct research to treat and cure disease or to prevent it?

Prevent: 51%
Treat and cure: 34%

(But 13% tell us they are equally important.)

Have you recently had a screening test for cholesterol, diabetes or cancer?

Yes: 75%
No: 25%

Just over half (53%) say they've made changes based on the result of these or other tests.

Have you tried alternate approaches to health?

Taken vitamins/supplements: 84%
Prayed: 74%
Meditated: 42%
Taken herbal remedies: 40%
Seen a chiropractor: 37%
Tried homeopathic remedies: 26%
Used acupuncture: 9%

PARADE and Research!America, the nonprofit organization that advocates for medical research, polled a cross-section of 1000 Americans. To see more complete results, visit researchamerica.org on the Web.

Check Your Heart Health

Cardiovascular disease produces few symptoms that can be felt. Here are some important ways you can protect yourself.



For more heart-healthy tips and to take the American Heart Association's interactive Learn and Live Quiz to get a "snapshot" of your risk, visit parade.com/livelonger and americanheart.org on the Web.

● CALCULATE YOUR RISK OF A HEART ATTACK

Ask your physician to use the Framingham risk score, which evaluates your blood pressure, cholesterol level and other factors critical to heart health.

● CHANGE YOUR LIFESTYLE

Spend at least 30 minutes every day being physically active. Put yourself on a diet that emphasizes fruits, vegetables, whole grains, low-fat dairy products, lean meats, poultry and two servings of fish per week.

