

LIVINGWELL

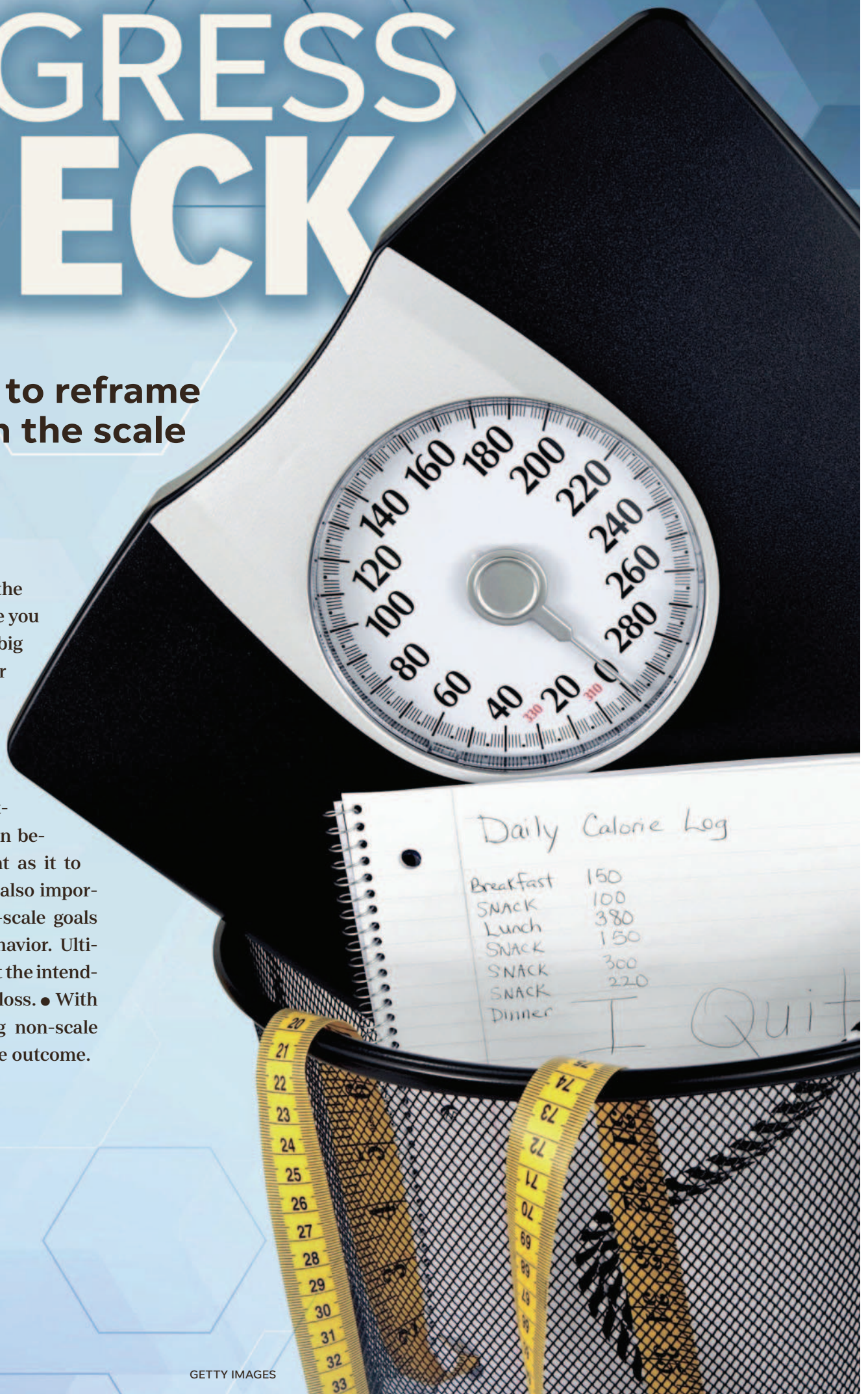
PROGRESS CHECK

It may be time to reframe goals and ditch the scale

Angie Ferguson
Guest Columnist
USA TODAY NETWORK – FLORIDA

With almost half the year gone, how are you doing with your big year goals? For many, weight loss was at the forefront of our minds and you may or may not be feeling successful. Although weight loss is a great goal, it is an outcome-based goal which relies on behavioral change. • As important as it to maintain a healthy weight, it is also important for us to incorporate non-scale goals which can help modify our behavior. Ultimately, these will help to support the intended long-term outcome of weight loss. • With that in mind, try incorporating non-scale goals to help reach your ultimate outcome.

See PROGRESS, Page 2C



GETTY IMAGES



NAD+ can boost energy levels and help fight chronic fatigue. As we age, our natural levels of NAD+ decline. GETTY IMAGES

Fountain of youth draws closer

Eduardo Maristany, M.D.
Guest Columnist
USA TODAY NETWORK – FLORIDA

Many adults spend a lot of time and money trying to look younger – topical creams, makeup, hairstyles, clothing and even surgical treatments.

They may work, but inside, your body is still aging. You may feel groggy or lack energy. You may experience chronic pain or inflammation. You may gain weight and have difficulty completing simple tasks.

Aging is a natural occurrence, but researchers are coming closer to pinpointing specific causes of aging –

besides our numerical age – and thus developing solutions to stall nature. Many doctors of functional medicine are increasingly optimistic about a new treatment targeted at the molecular level inside the body.

Nicotinamide Adenine Dinucleotide, or NAD+, is a naturally occurring cofactor/coenzyme derived from Vitamin B3 (niacin), which is present in all living cells. NAD+ starts to diminish as we age, so research has focused on the impact of reintroducing NAD+ to the body.

Is this the fountain of youth? NAD+ is already being referenced as the body's anti-aging molecule. As a

See YOUTH, Page 2C

For the best retirement destination

JUST
ADD WATER



SHELL POINT
RETIREMENT COMMUNITY

shellpoint.org
(239) 228-4057

Reader's marriage hanging in the balance



Dear Annie
DEARANNIE@CREATORS.COM

Dear Annie: I have been married for more than 30 years, and we have one teenage daughter who will be attending college in the fall.

My husband and I have lived like roommates for the last 10 years. We co-exist, raising our daughter as civ-

ily as we can.

I have gone to counseling off and on for years, trying to improve our relationship. He has gone a handful of times but is now refusing to go as he thinks there is nothing wrong with our relationship.

We have no affection or intimacy toward one another whatsoever. He has been retired for three years and has several joint issues he is dealing with, which limits our activities together. He is very negative and picks at things constantly. I work out

of the home and do all the household chores, cook, clean and take care of my daughter's needs. He only does yard maintenance, refusing to help me otherwise.

Needless to say, I am frustrated, angry and lonely and not sure, after my daughter leaves, if this marriage will survive.

— *Barely Hanging In There*

Dear Barely Hanging In There:

You say that he is negative and picks at things constantly. However, I have to give it to you straight: Your letter

is pretty negative and is picking at everything he does wrong. It sounds like both of you are playing a part in your frustration, anger and loneliness.

Keep talking to a professional marriage therapist. If he refuses to go with you, then go for yourself.

Being willing to own your part in your unhappiness will be more freeing than you think. And use that freedom and clarity to decide how you want your marriage and life to look, with or without him.

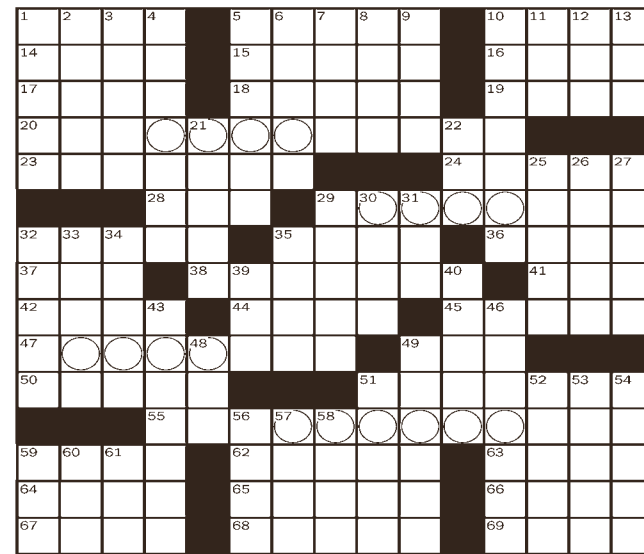
The New York Times Crossword

Edited by Will Shortz No. 0330

- ACROSS**
- 1 Workers with taxing schedules, for short?
 - 5 Japanese brewery
 - 10 Who's the Boss?
 - 14 Prefix with pad
 - 15 Big name in vacuum cleaners and fans
 - 16 Cell with 23 unpaired DNA strands
 - 17 Longtime co-star of Mariska Hargitay on "Law & Order: SVU"
 - 18 Big Mac ingredient
 - 19 Taste with a little zip
 - 20 Compensating reduction of greenhouse gas emissions
 - 23 Stomach soother
 - 24 Bedouin stopping points
 - 28 Loops in, in a way
 - 29 360° martial arts maneuver
 - 32 Willy of children's literature
 - 35 Abbr. on a scenic overlook sign
 - 36 Slippery
 - 37 Fourth word of the "Star Wars" prologue
 - 38 Person known by a single name, as found in 20-, 29-, 47- and 55-Across
 - 41 Little shut-eye
 - 42 Swivel on an axis
 - 44 Some barbecue fare
 - 45 Subside
 - 47 Distance for a first down
 - 49 Leading female role in "Pulp Fiction"
 - 50 Collectible car of the late '50s

- 51 Sleep inducer of folklore
- 55 Greedy person's cry
- 59 Tennis's Nadal, to fans
- 62 In the midst of
- 63 One of the sisters in Chekhov's "Three Sisters"
- 64 Obligation to do something
- 65 Color slightly
- 66 Swerve (into)
- 67 Where one might go through withdrawal?
- 68 "Animal House" character named for an animal
- 69 Blunders

- DOWN**
- 1 Girl, in Guadalajara
 - 2 Pie nut
 - 3 "___ the media!"
 - 4 Partner of "relax"
 - 5 Mortal lover of Aphrodite
 - 6 Gathering of bishops
 - 7 "You wish!"
 - 8 Body part where a shoe goes
 - 9 Some establishments next to airports
 - 10 Provocative, quickly produced opinion piece
 - 11 Campus designed by Thos. Jefferson
 - 12 Word with ray or tomy
 - 13 "Srsly?!"
 - 21 Philosopher who lent his name to a "razor"
 - 22 Seemingly forever
 - 25 Tuscan city
 - 26 Stroke of brilliance
 - 27 Modern kind of call
 - 29 Opposites of picker-uppers?
 - 30 Calligraphy tools
 - 31 Climber in academia?
 - 32 It may be hazardous
 - 33 Looked at lustfully
 - 34 Majority of Mad Libs entries
 - 35 Mystery writer Blyton
 - 39 Only defenseman to have won the N.H.L. scoring title (1970, 1975)
 - 40 Down East, to a New Englander
 - 43 Flight sleeping aid
 - 46 "Uh-oh, you shouldn't have done that!"
 - 48 Mahershala with two Oscars
 - 49 Makeshift crib, once
 - 51 Burn slightly
 - 52 Distance runner
 - 53 ___ management
 - 54 Looms, say
 - 56 Kind of alphabet
 - 57 Send out
 - 58 French peak
 - 59 Hold up
 - 60 Japan's largest carrier
 - 61 When tripled, 1964 Beach Boys hit



PUZZLE BY ALEX ROSEN AND BRAD WILBER

- 21 Philosopher who lent his name to a "razor"
- 22 Seemingly forever
- 25 Tuscan city
- 26 Stroke of brilliance
- 27 Modern kind of call
- 29 Opposites of picker-uppers?
- 30 Calligraphy tools
- 31 Climber in academia?
- 32 It may be hazardous
- 33 Looked at lustfully
- 34 Majority of Mad Libs entries
- 35 Mystery writer Blyton
- 39 Only defenseman to have won the N.H.L. scoring title (1970, 1975)
- 40 Down East, to a New Englander
- 43 Flight sleeping aid
- 46 "Uh-oh, you shouldn't have done that!"
- 48 Mahershala with two Oscars
- 49 Makeshift crib, once
- 51 Burn slightly
- 52 Distance runner
- 53 ___ management
- 54 Looms, say
- 56 Kind of alphabet
- 57 Send out
- 58 French peak
- 59 Hold up
- 60 Japan's largest carrier
- 61 When tripled, 1964 Beach Boys hit

Online subscriptions: Today's puzzle and more than 7,000 past puzzles. nytimes.com/crosswords (\$39.95 a year).

ANSWER TO PREVIOUS PUZZLE

A	T	W	A	R	R	U	G	B	Y	A	S	A	
P	H	A	S	E	E	M	I	L	E	P	C	T	
R	I	D	I	N	G	H	A	B	I	T	L	A	B
N	E	S	T	L	E	E	P	I	T	O	M	E	
A	M	I	S	O	A	K	U	M	P	S			
D	I	N	G	B	R	E	R	R	A	B	B	I	T
O	N	T	A	P	N	O	U	N					
T	O	B	E	O	R	N	O	T	T	O	B	E	
T	R	E	B	L	E	C	L	E	F	A	L	T	O
I	A	G	O	S	T	O	P	G	R	E			
M	I	R	A	C	L	E	A	R	A	B	I	A	
E	S	E	P	E	B	B	L	E	B	E	A	C	H
L	E	T	A	I	O	L	I	L	E	N	T	O	
Y	D	S	S	A	N	T	A	O	N	S	E	T	

MARMADUKE



"Don't try that innocent look. Nobody opens a box of cookies like you."

ZIGGY



People often confuse thirst for hunger which can lead to mindless snacking. This is why staying hydrated is a great indirect way to alter your habits. GETTY IMAGES

Progress

Continued from Page 1C

● **Hydration.** Water is an important nutrient that every cell in our body requires to function optimally. Through daily natural physiological processes like breathing, digestion, sweating, we lose water that must be replaced. Studies show that an increase in water intake aids in loss of body weight via two mechanisms – decreased eating/feeling more full more often and increased lipolysis or breakdown of fats in the body. People often confuse thirst for hunger which can lead to mindless snacking. This is why staying hydrated is a great indirect way to alter your habits.

● **Sleep.** The value of sleep is increasingly being recognized in the fitness industry for its impacts on weight gain and weight loss. Insomnia is linked with greater feelings of hunger and appetite due to hormone levels. Set yourself up for successful sleeping by establishing a regular bedtime, routine, and employing relaxation techniques to help further foster improved recovery.

● **Stress management.** High stress leads to erratic behavior and coping mechanisms often are linked with emotional eating. Getting on top of stress management can help ensure you are sticking to your plan under all circumstances.

● **Get NEAT.** Yes, you can be an active couch potato. Evidence suggests that the more sedentary you are (even if you exercise 30-60 minutes every day) the more detrimental it is to your health. Hitting a daily NEAT (Non-Exercise Activity Thermogenesis or the energy we use for everything we do when we're not



High stress leads to erratic behavior and coping mechanisms often are linked with emotional eating.

exercising) level which involves all activity that is non-exercise is a great way to ensure you are maintaining your average calories burned.

● **Aim for consistency, not perfection.** Whatever the goal, the most important thing is to ensure that you are aiming for consistency and not perfection. We are often our own worst critics. Instead of getting down on yourself when you've had a minor slip-up, recognize it for what it is, a small bump, and move forward.

The ultimate goal is to create habits and lifestyle changes that are sustainable and that you actually feel good about making. The more you love the process, the more effortless it becomes.

Angie Ferguson is an exercise physiologist and Tony Robbins Results Coach from Fort Myers. She also is a Corrective Biomechanics Specialist, USA Triathlon Advanced Level 2 coach, USA Cycling coach, has a Specialty in Sports Nutrition certification, and a PhD in results! For more training tips, contact her at www.gearedup.biz

Youth

Continued from Page 1C

supplement, NAD+ does not need FDA approval, so it's available today to the general public.

I wanted to see if NAD+ was indeed the real deal and merited consideration as a treatment option at the Naples Center for Functional Medicine, so I began personally taking NAD+ in its oral supplement form. The results? I am sleeping better, achieving much more deep sleep than usual, which is allowing my body to fully rejuvenate each night. I have more energy and feel refreshed all day. My mood is better and my mind is sharper. It is supercharging my mitochondria, which helps to burn fat and reduce my blood glucose potentially as well, as seen in animal studies.

Some genetics experts believe that NAD+ treatments might be more effective than stem cell therapy. According to top researcher Dr. David Sinclair at Harvard, NAD+ actually can reprogram your own cells to regress to a more youthful state. That statement alone warrants a closer look at NAD+ as a supplement.

Benefits

The benefits of NAD+ are far-reaching within the human body and can impact an individual's:

- **Brain:** Potentially slows cognitive decline and promotes healthy brain functions, mental clarity, higher concentration levels and memory function. Studies in mice showed these results. Now, studies are underway involving humans with Parkinson's disease and other neurodegenerative disorders.
- **Mental health:** Potentially helps control depression, anxiety and mood disorders. Research has shown that people with critically low levels of NAD are at a higher risk for developing problems related to addiction, anxiety and other mental disorders.
- **Energy:** Boosts energy levels and fights chronic fatigue. NAD+ inserts itself directly into the Krebs cycle or the energy cycle in your mitochondria of your cells that create energy. As we age, our natural levels of NAD+ decline, explaining why fatigue is the No. 1 complaint among older adults.
- **Metabolism:** Gives a jolt to metabolism, which burns fat, and helps the body regulate blood sugar levels. In studies, diabetic and obese rats

showed improvements in their metabolism with NAD+ supplementation.

● **Rejuvenation:** Allows cells to regenerate and repair, healing the body as it recovers from injuries and rigorous exercise. NAD+ is a sirtuin activator, and a very strong one at that. These sirtuin genes have the ability to repair cells and regress them to a more youthful state.

Who is Using NAD+

NAD+ is in all of our bodies, which means everyone benefits from the co-enzyme. However, some groups of individuals are turning toward NAD+ therapy in larger numbers, including:

- **Athletes:** Can improve endurance, performance and recovery.
- **Executives:** Can enhance concentration, focus and memory.
- **Individuals with neurological disorders and other conditions:** Alzheimer's disease, Parkinson's disease, anxiety and depression.
- **Individuals with medical ailments:** Conditions like fatigue, unrestful sleep and fibromyalgia.

Therapy options

There are two primary ways to receive NAD+ treatments:

- **IV therapy:** This treatment option has grown in popularity because vitamins, minerals and nutrients are introduced directly into a patient's bloodstream. This allows for quick absorption and immediate impacts. IV therapies are conducted in a doctor's office or medical clinic.
- **Oral supplements:** Just like a multivitamin or supplement, taking NAD+ in tablet form introduces the treatment through an individual's digestive system. The impacts aren't immediate, but are felt within hours. Patients can take oral supplements daily from their home.

All of us want to look younger, but we should be focused on living longer, healthy and pain-free lives. Science shows that the fountain of youth isn't found in a mythical spring, rather potentially as NAD+ within our own bodies. Some of us just need a little extra as our levels decrease with age.

As always, please consult with your physician prior to making any substantial lifestyle, health or nutritional changes.

Dr. Eduardo Maristany is a board-certified internal medicine physician who specializes in functional and integrative medicine, genomics testing and men's health at the Naples Center for Functional Medicine. For more information, call 239-649-7400 or visit NaplesCFM.com.