



Prime-Time Health **ANSWERS** Dr. William Sears, Pediatrician

1. Do you have an Individual Retirement Plan for your **HEALTH**
2. Step 1: Make **HEALTH** your **HOBBY**
3. Step 2: Keep your **ARTERIES CLEAN**
4. What is the largest hormone producing organ in your body? **ENDOTHELIUM**
5. Your ENDOTHELIUM functions as your internal **PHARMACY**
6. Step 3: **MOVE**
7. **MOVEMENT** keeps your endothelium pharmacy **OPEN**
8. Step 4: **GRAZE** on **GOOD** food
9. Prime Time Foods are **YOUNG** foods, like salmon, blueberries, spinach, nuts, olive oil
10. Shop the **PERIMETER** for young foods
11. Step 5: Reduce your **WAIST**
12. Step 6: Eat more **SEAFOOD**
13. Seafood **PREVENTS** build up of sticky stuff
14. Prime Timers should eat **600** mg of Omega 3 a week (eating 6 oz of wild salmon twice a week will meet this requirement)
15. Step 7: Eat **MORE** fruits and vegetables
16. Aging is like **RUST**
17. Step 8: Take your **JUICE PLUS**
18. Juice Plus+ is the most **SCIENTIFICALLY** researched supplement on the market
19. Juice Plus+ **REDUCES** oxidation (rust/aging)
20. Step 9: Practice the **PILLS** and Skills model (less pills and more skills)