

A Prescription for Your Health

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My Next Season

AS AN EXECUTIVE, you've spent sleepless nights mentally preparing, planning, or worrying about big meetings, big decisions, and big initiatives. While it might seem that transitioning out of those roles would reduce overall stress, handing over these responsibilities and being unsure of "what's next" may still have you tossing and turning. Transitions, whether welcomed and well thought out or not, bring about stress—a natural response to this significant change and a busy life. Now is the perfect time to reset!

With travel, business dinners, and packed calendars, exercise and nutrition have often been forced to the bottom of the priority list. In my role as MY NEXT SEASON'S Medical Concierge, I meet one-on-one with clients to discuss specifics regarding family history, caretaking responsibilities, health and wellness concerns, and goals. Here are some of my prescriptive suggestions for creating a solid foundation for both nutrition and stress management

Really Eating Healthy

What *does* it mean to "eat healthy" today? Bookstore shelves are filled with countless approaches to eating: low-fat, low-carb, clean eating, juicing, vegetarian, etc. With so much confusion surrounding this question, here are my seven easy-to-follow recommendations for healthy eating:

1. Eat a minimum of 100 grams of healthy proteins each day (e.g., Greek yogurt, oatmeal, lean meats, fish, beans, and non-fat cheese).
2. Eat an unlimited amount of green leafy vegetables—adding fruit in moderation.
3. Avoid eating white carbohydrates (e.g., bread, rice, potatoes, pasta, processed foods).
4. Eat a moderate amount of non-saturated fats (e.g., olive oil, safflower oil, canola oil, nuts, and nut butters).
5. Drink eight 8-ounce glasses of water each day.
6. Read food labels carefully, noting grams of protein, carbohydrates, and fat. Avoid foods that have a

high proportion of carbohydrates-to-protein or high levels of saturated fat.

7. See your doctor before starting any diet to ensure you are in good health.

Really Managing Stress

Knowing methods to reduce stress is common. But putting them into action during a time of storm or flux is challenging! Instead of reaching for that glass of wine, cookie, or iPad, try these solid, time-tested techniques to restore a sense of calm and presence. Your ultimate goal: increasing the enjoyment of your life!

- Get outside and into nature
- Play music (listen or perform)
- Exercise
- Eat healthy, nutritious foods
- Relax into healthy sleep patterns
- Read or write poetry
- Spend time with animals—maybe it's the right time for a pet
- Connect with friends and family—nurture your relationships
- Laugh
- Light a scented candle
- Take up gentle yoga practice
- Meditate
- Join social groups through church, volunteering, hobbies, and sports

Whatever you choose to do next, health and wellness will be your biggest and most essential asset!

