

**Amy Goldstein MD, Pennsylvania
CHOP & AACT Medical Advisor**

“Make your own cooling vest. Buy a fishing vest with many pockets from a sporting goods store and place lightweight freezer packs in every pocket.”



DIET TIP

Spring, 2018

Dr. Bruce Cohen - MD, FAAN

“Always discuss your diet with your physician or provider. Diets are different for people with gastrointestinal disorders and low muscle mass. For those that are overweight, the use of a modified low-carbohydrate diet is reasonable. These would include the “Eat-Fat, Get-Thin Diet” by Mark Hyman, MD, but there are others. Portion control diets (Nutrasystem, Weight Watchers) do work. I talk to my patients about the No-White, Rainbow Diet: Stay away from food that comes in cardboard boxes, fresh fruits and veggies are best. If the base of the food is white (rice, grain, wheat, potato, sugar, corn syrup) then avoid. If the base of the food is full of color (dark green, orange, yellow, red, purple) then consider it a friend. High quality meats and fish are fine. Some people do better with small frequent meals. Calories do count. But calorie restriction without a plan for the long term is usually not successful in the long run.”

<https://www.healthline.com/health-news/hacking-cells-to-reduce-diseases-of-aging#1>

Dr. Mark Tarnopolsky’s Exercise Tip

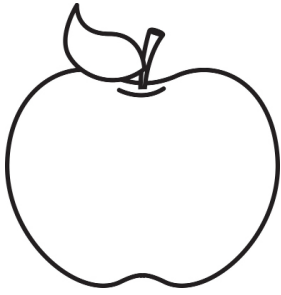


“A combination of endurance exercise (walk, jog, hike, swim) and resistance exercise (weights, Pilates, yoga, core exercise) on different days of the week is recommended. Remember to listen to your body and starting at low intensity and gradually increasing duration and/or intensity and try different activities until you find what you enjoy the most.”

Mark Tarnopolsky, MD, PhD, FRCP(C)

Professor of Pediatrics and Medicine, CEO and CSO, Exercise Corporation, Director of Neuromuscular and Neurometabolic Clinic, McMaster University Medical

Winter, 2018



Dr. Sumit Parikh Diet Tip

“Eat from the circumference of the grocery store”

Sumit Parikh, MD - Cleveland Clinic

Fall, 2017