

The Doctors' Prescription for

Healthy Living

**LOOKING
FABULOUS**

with *New York Times*
best-selling author
Kim Barnouin

**HOMEOPATHIC
SILVER** Means
First-Aid

Probiotics for
Irritable Bowel
Syndrome

Natural
Medicine for
**A HEALTHY
PROSTATE**

**The
Inflammation
Solution**

June 2010



\$3.50 US \$4.99 CAN
www.healthylivingmag.com

How
Xylitol Zaps
Allergies

Infrared
Saunas Aid
Diabetes

Herbal
Answer
to **PAIN
RELIEF**

**STAYING
FIT** with
Tracey Mallett



Fitness expert Tracey Mallett with children, Amber and Tyler.

PHOTO: JEFF JENSEN

Tracey Mallett's Omega-3 and Fitness Secrets Revealed!

by Kim Henderson

about eight years ago, fitness and nutrition expert Tracey Mallett gave birth to her first child. After gaining 55 pounds during pregnancy, she found herself not only overwhelmed with the adjustment to motherhood, but doubly challenged with the urgent need to take off the excess weight while having virtually no time to devote to working out. (Her image as a fitness expert demanded that she shape up quickly.) Where would she find time to exercise? What could she do to take off the weight quickly and safely? What kind of diet and nutritional program would keep her healthy and out of a post-partum depression? These were the questions she had to find answers to.

And she did.

Several years and another pregnancy later, Tracey not only found a way to take off the excess weight, but she developed a simple, user-friendly diet and exercise plan specifically designed for women who are short on time and unable to get to a gym. Tracey's books *Sexy in 6* (Di Capo Lifelong, 2008) and *Super Fit Mama* (Di Capo Lifelong, 2009) as well as her DVDs have given even the busiest of women a new way to fit in exercise in short intervals to successfully meet their fitness goals. More importantly, her diet and nutrition plans are simple, sensible and doable. They give busy women the critical nutrients they need, such as omega-3s, to achieve a healthy weight and handle the multiple demands of everyday life. Now Tracey Mallett shares some of her best health & fitness wisdom with *Healthy Living*—just in time for summer!



OMEGA-3S: THE MOST IMPORTANT NUTRITIONAL SUPPLEMENT

Tracey Mallett became particularly passionate about women's health because of a genetic predisposition to breast cancer that runs in her family and claimed the life of her beloved aunt at too early of an age as well as other dear relatives. While Tracey discovered she did not have the gene through a specific test, the mere threat of it taught her to take good care of herself, making health and nutrition a priority. Women, she believes, are the keepers of a family's health—and healthier families make for a healthier community and healthier world.

The most important nutritional recommendation she has, is getting plenty of omega-3 essential fatty acids (EFAs). Tracey remembers the fat phobia of the nineties very well. It was thought that consuming fat would make you fat and eating "fat free" would make you skinny. False! Nutritionists now know that healthy fat is essential to good health and it is total caloric intake vs. calories burned that determines whether one gains, loses or maintains weight. "Post-pregnancy, you may be tempted to cut fats out of your diet completely because you think they'll, well, make you fat. But that's one of the biggest nutrition myths out there," she says. Tracey adds flaxseed oil to prepared dishes and cooks with olive oil—fats that are heart healthy and essential for metabolizing fat.

Particularly for pregnant women and breastfeeding new mothers, getting plenty of omega-3 essential fatty acids is paramount. "Omega-3s are crucial during pregnancy and while breastfeeding in order for your baby's brain, cells, and retinal, nervous, and cardiovascular systems to develop properly. Recent studies have found that children whose mothers ate fish containing these fatty acids at least three times a week while pregnant had better social, behavior, communication, and fine-motor skills than children whose mothers did not," Tracey explains. And studies suggest certain long-chain omega-3 fatty acids—DHA and EPA—can help with post-partum depression, if consumed during pregnancy and afterward. Fish and fish oil serve as excellent sources of DHA and EPA. Also, another omega-3 called alpha linolenic acid (ALA), which comes from plant sources such as flaxseeds, can be converted by the body to DHA and EPA.

But there are more reasons still that Tracey makes omega-3s a priority in her diet and supplementation regimen. "EFAs are important for brain function, for memory, and for maintaining healthy hair, skin, and nails. They're also believed to reduce blood pressure and the risk of blood clots. And as I mentioned earlier, some studies say they may help relieve depression—one reason why I think of them as oiling the brain. Not only do they affect your mood but also they help with memory function. There's not a better food for a busy, multitasking woman!" Tracey says enthusiastically.

Tracey strives to get these healthy fats from foods like salmon, herring, sardines, avocados, walnuts, wheat germ, canola oil, flaxseeds, or eggs enriched with omega-3s and in nuts like almonds, cashews, peanuts, and walnuts, as well as seeds such as sunflower, pumpkin, and sesame, and she supplements. "I take a multivitamin, vitamin D and omega-3s every day," she says. Her favorite? Barlean's. "I love that Barlean's products are of the highest quality in the market; their products are all organic and non-genetically modified. You really can't get better than that!" The problem is that women sometimes find it challenging to ensure the entire family gets plenty of omega-3s. Tracey says Barlean's new Omega Swirl tastes so delicious, it's easy to get kids to love their omega-3s. (See our sidebar on the this page for more details!)

IT BEGINS WITH DIET

As both a certified personal trainer and sports nutritionist, Tracey believes strongly that one needs to pay attention to both exercise and fitness for

optimal health. That said, she readily admits that diet trumps exercise when it comes to shape and overall wellness. "Your body represents what you eat—80 percent is your diet the rest is exercise," she says. And Tracey understands the dilemma of the new mom or busy working woman who does not have the time to devote to a complicated diet plan. As a first step, Tracey's program recommends starting with a food log to track daily eating. She says it can be an eye-opening exercise. Common

"Your body represents what you eat—80 percent is your diet the rest is exercise."

—TRACEY MALLETT

Getting Our Omega-3s is Easy!

by Tracey Mallett

My husband and I love to get our daily fill of omega-3s by sprinkling a teaspoon of freshly ground flaxseeds (I use Barlean's Forti-Flax and keep it refrigerated) on our cereal or mixing them in a fresh smoothie. My kids love Barlean's Omega Swirl and enjoy taking a tablespoon on a daily basis as they say it tastes like candy. I also sneak Forti-Flax into their cereals because it mixes straight into oatmeal and also adds more fiber to their diet. I want my children's breakfast to be as substantial as possible to last them through the morning until their snack. That extra little fiber from the flaxseeds goes a long way keeping them more alert at school. It's crazy how many children don't eat breakfast because at home little importance is placed on this meal. How do we expect our children to study and get good grades if we don't feed them a highly nutritious breakfast to aid brain function? It's not rocket science; a bowl full of cereal with Forti-Flax will do the trick!

I cook with olive oil and add Barlean's Highest Lignan Flax Oil, by far the freshest and best tasting flaxseed oil, to various meals. As a family, we eat fish such as salmon (only wild) at least one to two times a week and snack on nuts/seeds.

The standard American diet is highly deficient in omega-3 fatty acids. So it's imperative we make a conscious decision to add more to our diet. Consuming adequate levels of omega-3s will help to support a balanced mood, less depression, focus and concentration. It's critical for brain development and cognitive function health especially for growing children. Children with autism have responded well in research studies to the benefits of high quality fish oils. ■



Resources

You can find Barlean's Omega Swirl and Barlean's Flax and Fresh Catch Fish Oils at health retailers nationwide. For more information or to find a retailer in your area, call 800-445-3529 or visit www.barleans.com.



FREE Sample Offer!

While supplies last, Barlean's will send you a FREE Omega Swirl fish and flax sample pack. Simply call 800-445-3529 and mention code HL 14-5.



You can learn more about Tracey Mallett at www.traceymallett.com.

pitfalls that thwart weight-loss efforts post-partum include eating leftovers from a child's plate, which can add pounds over time. Or starving during the day and eating a big meal at the end of the day with the family. "Eating so close to bedtime just doesn't give your digestive system enough time to fully digest the food, which can interfere with your already dwindling sleeping pattern," she says. Another mistake women make is waiting until they stop breast-feeding or until the baby is older. "It's best to start good habits right after the birth as you're most likely to stick with it and have a better chance of taking the weight off quicker and keeping it off," she says. And for Tracey, relying on breast-feeding alone to lose the weight didn't work.

Rather than counting calories or changing one's diet too drastically, Tracey simply advocates portion control—limiting portions of meat, grains, fruits and fats to a certain number a day, while giving unlimited amounts of veggies. She makes understanding portions easy by using visual comparisons. For example, a meat portion should be about the size of a deck of cards. A baked potato portion should be about the size of a computer mouse. Eating smaller, portion-controlled meals more frequently



throughout the day keeps the metabolism active and calorie intake in check. She recommends lots of fresh fruits and veggies for their vitamin and antioxidant content. And she advises staying away from anything packaged.

FITNESS MADE EASY

For many women who are mothers of infants or young children, getting away for an hour a day to work out at a gym is an impossibility. Tracey understands this from her first-hand experience and she wants all women to know that you can get fit and never leave the house!

Tracey has come up with something she calls six-minute "Quick Blasts," which consist of deep-toning and fat-burning techniques from Pilates, yoga, weight training, sports conditioning, kick boxing and dance. Just adding a few of these into your daily routine, consistently and over time, can change the shape of your body and stoke your metabolism to lose weight.

It's very simple. You can do lunges and squats while your kids are doing

homework. Or you can take a run up and down the stairs of your home, if you cannot get out for a cardio burst. Investing in a fit ball and simple dumbbell weights of 3, 5 and 8 pounds opens up an entire world of exercises. And let's not forget music. Tracey fully embraces music for her workouts. She says, "I started taking ballet and dance classes from the age of four so music has always been a huge part of my life, and I have found it to be a big stress release and very therapeutic but most of all motivational. Your body naturally always wants to move to the beat of the music, giving you the impetus to get up and dance or move your body even faster than you would without music." For new mothers, taking the stroller out can provide a great workout or serve as a tool for exercise and stretches. Tracey relies heavily on Pilates to inspire her Quick Blasts. And that means really working the abdominals, correctly. When I asked her if a woman could fit in only one set of Quick Blasts a day, which ones would she recommend, she replied "Abdominals. Abdominals are the very core of your body. Work them and you are strengthening your center—your entire body benefits." Tracey's diet recommendations are meant to support the exercises, too. There's nothing better for building lean muscle and muscle repair than the quality EFAs you can get from fish, fish oil and flaxseeds.

Tracey witnesses real change in people's lives who embrace her simple program. She says, "The most inspiring is seeing people changing their lives for the better and how that positively affects the dynamic within their family."

