

# WISE UP!

## ...Simple Strategies to RE-Model, RE-Fire and RE-Gain Your Brain

For years, people have believed that we are born with a certain number of brain cells, and that those brain cells die off as we age, with no hope of ever getting them back. Today, scientists are proving that not only can we generate new brain cells, but we can also branch them out and make new pathways in our thought and learning processes. What does this mean to the average person? That anyone at any age can continue to build brain strength, and that being mentally “sharp” isn’t something reserved for the young anymore.

The act of building brain power is called “neurobics.” And just like the name implies, it’s all about doing aerobics for your brain. Fortunately, these types of aerobic workouts don’t involve 6 a.m. gym sessions or buying workout gear. Neurobics is something anyone can do anywhere in just minutes a day. Consider making the following neurobics principles a part of your daily routine to help your brain branch out.

### Act happy

Method acting is an acting technique in which actors try to replicate real life emotional conditions under which the character operates, in an effort to create a lifelike, realistic performance. Whether you are an actor or not, everyone’s life is a stage play. So bring a bit of the theatre onto the stage of your daily life and purposefully act happy ... get your brain’s ACT together.

Method actors who play happy roles have a chemistry that keeps them more active and more involved in life. Scientifically, acting happy has a chemistry that is measurable with such things as T-cells, gamma globulins, serotonin, endorphins, melatonin, and cortisol, just to name a few. We can even do a PET scan of the brain and see what the emotional map of the brain looks like, because there is a physiology that goes with the emotions. That means we can actually see what anger, sadness and even happiness looks like. Even more important, acting happy, whether through deep belly laughter or a simple smile, activates positive chemicals in the brain that keep us alert and physically healthy. So act happy in order to keep your brain more alive and functional.

### Sharpen your senses

In our modern society with our technological breakthroughs we have lost so much of our senses. For example,



when you go to the grocery store, you don’t feel your food anymore. You don’t smell the meat. You don’t feel the grains. Everything is boxed and wrapped and covered. Such modern conveniences dull our senses, which shrinks and ages our brains. Therefore, doing simple exercises can help refresh your senses and keep your memory strong. Here are few suggestions:

- Brush your teeth with the opposite hand
- Sit at a new place at the dinner table
- Eat a new food – differentiate and identify the spices
- Get dressed with your eyes closed or in the dark
- Wear earplugs around the house for an hour
- Sit outside with your eyes closed and identify sounds and smells

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- Balance on one foot, and then on the other foot, while doing a task
- Play a card game with friends
- Read out loud and listen to someone else read
- Look and stand up while saying the word "down" and visa versa
- Take a new route to work or some other usual location
- Try to guess the denomination of coins by simply feeling them
- Welcome new, novel and challenging encounters

While these activities may seem simple or even silly, they actually help your brain make new pathways. When you use both the left and right spheres of your brain, you put little twigs onto the branches of the brain cells, which are called axons. The more of these little twigs you get on the axon branches, the more they start connecting with neighboring cells. The more "growth" of the underbrush, the more chances you have to make new brain connections.

Keeping the brain alive is all about making new connections and branching out. If you're right handed, you use your left brain a lot. If you can bring some of that brain activity over to the right side by using your left hand for the same task, you're exercising your brain and developing new pathways. Later in life, should one of your brain's pathways get destroyed, you'll now have another small pathway already formed and ready to be built up that can take over the lost function.

#### Make physical connections

One of the worst things for the brain is for the person to become a loner. When you're alone, you'll always do things the same old way. That means you'll rarely exercise your brain and make new neural connections.

You can connect with others through a club, association, church, or any other type of group activity. Simply being in a crowd, such as a sporting event, enables you to connect. Growing plants is a way to connect, as it brings you closer to nature and brings something living into your life. Pets, especially dogs, are another wonderful way to connect. People talk to their dog. They pet their dog. They walk their dog. As they walk their dog, they associate with others who are walking dogs. In fact, studies have shown that people who are over age 65 who have a dog and live alone visit the doctor 16 percent less often than their counterparts who don't have a dog.

As you become skilled at something, consider teaching as a way to connect. The act or ritual of teaching and mentoring is a powerful one that fosters long lasting connections and enables you to impact many generations. Remember, any celebration or ritual can bring connection into your life.

#### Healthy Actions for a Youthful Mind

Exercising your brain doesn't have to be a strenuous activity that causes you to sweat. In fact, practicing neurobics can be a fun and enjoyable experience that adds brain power every day. So commit to making these neurobic activities a part of your daily routine. As the old saying goes, "You're only as old as you feel." Give your brain the tools to feel young and vital - it'll pay off for years to come. **POP**

66 Peaks & Plains

# BOZEMAN WATCH COMPANY

TO HELP SOUTHERN CALIFORNIA FIRE VICTIMS

Following the success of last year's auction of a special "Governor's Edition" SmokeJumper Chronograph, the Bozeman Watch Company announces plans to auction another of their iconic classics - with all proceeds going to assist victims of the recent wildfires in southern California.

Seasonal Santa Ana winds have whipped up a number of blazes across southern California, forcing the evacuation of nearly a million and leaving devastation through much of its wake. Money raised through the auction of SmokeJumper #80 will be administered through the American Red Cross.



*The SmokeJumper Chronograph by the Bozeman Watch Company. Automatic-mechanical, officially-certified chronometer. Limited to 100 pieces worldwide. US \$5,500*

The online auction will run through 1 January, 2008 and can be found at [www.bozemanwatch.com](http://www.bozemanwatch.com). Inquiries can be made at [bwc@bozemanwatch.com](mailto:bwc@bozemanwatch.com).

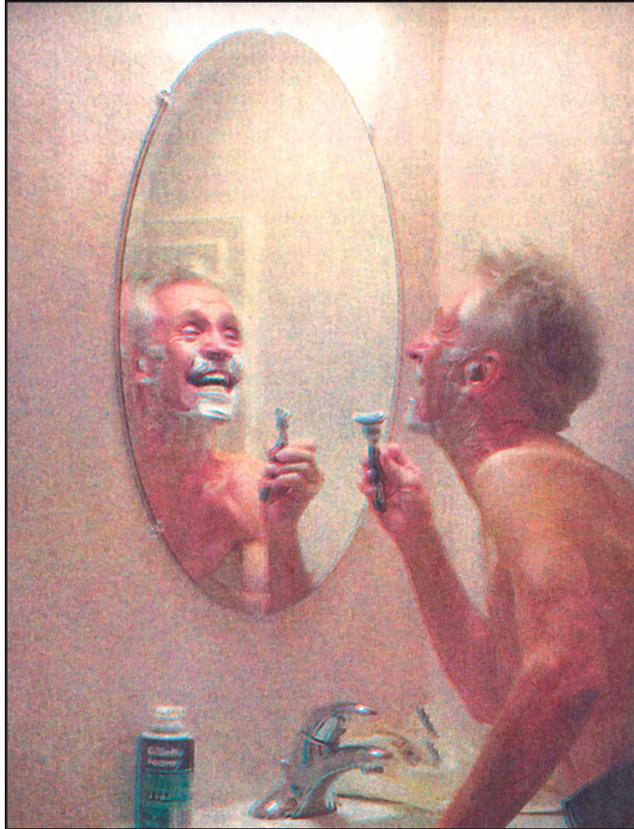
#### About the Bozeman Watch Company

The Bozeman Watch Company, one of the few companies in the United States designing and manufacturing mechanical timepieces is committed to creating the most accurate and rare collection of timepieces available today. With models produced in collector's runs of no more than 200 individually-numbered pieces, each of the "Montana Class Watch Collection" is limited to only the most discerning clientele worldwide. Each watch of the "Montana Class Watch Collection" is a certified Swiss chronometer - the highest level of distinction a mechanical timepiece can attain for accuracy in timekeeping, and the most coveted distinction a timepiece can ever earn.

With adventurous yet classy designs, American innovation and Old World precision manufacturing, The Bozeman Watch Company is truly the only one of its kind. **POP**

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# PIONEER PRESS



## amuse yourself

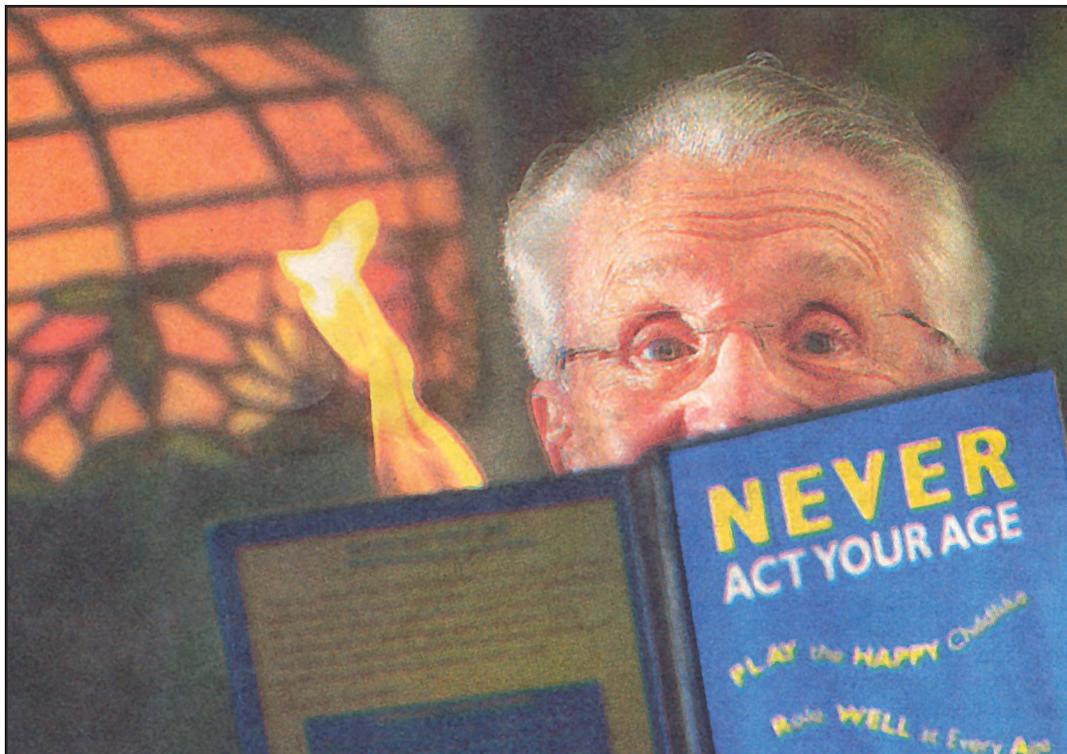
*Doctor prescribes a  
good belly laugh  
for whatever ails you.*

BY KAY HARVEY  
*Pioneer Press*

**D**r. Dale Anderson pushes a cheap prescription for feeling good. It puts off getting old, too. It's easy to get. And you can use it with your family and friends.

The magic pill is simply a good laugh. Repeat multiple times a day.

Laughter isn't brain surgery, the doctor admits. But it's cheaper and a whole lot more fun. Anderson can get a roomful of people to belt out guffaws and belly laughs and walk away with a natural high.



"Endorphins are the morphine within," he tells a crowd packed into a meeting room at Roseville Public Library. "And the pharmacy is open 24 hours a day."

This 69-year-old Twin Cities doctor splits his time between the serious task of tending urgent-care patients and the fun of performing stand-up comedy without a stage. But for him, laughter is serious business. He promotes it as an essential — but often overlooked — part of holistic health. Advanced technology now scientifically proves what folk wisdom acknowledged for centuries.

"Chemistry is feelings, and feelings are chemistry," he assures his library audience.

That's why the doctor recommends they start each morning by staring into a mirror and letting out a 15-second laugh. He's not talking about a giggle or a snicker. He wants a bellowing, from-the-belly laugh.

"Fake it till you make it," the doctor orders.

He gets his audiences laughing every way he can. There's his "Minnesota cold car start," which begins with a gurgle in the diaphragm. "A-haa hah," Anderson sputters, and everyone joins in. When that laughing engine begins to purr — "A-ha, ha, ha, HA-HA-HA-HA!" — there's no stopping the hilarity. It's contagious. Add some tummy-hugging, knee-slapping and high fives, and library-goers outside the meeting room wear a look of longing to get in, too.

"If you hear laughter, isn't that where you go?" the doctor asks.

There's his pointed story of a popular actress whom the doctor treated years ago for painful symptoms with no apparent cause.

"Could it be my part?" the actress in his tale keeps asking. The line gets laughs, until her intended meaning becomes apparent. "It's a wicked part, an evil part," she tells the doctor. "Is it possible my aches and pains could be coming out in the chemistry of this part? Do people ever get into being the part they act?"

Indeed, they do, the doctor says. That's why he suggests you act out a role you really want.

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# Amuse yourself

“Have you ever seen sick people act well?” he asks. “Have you ever seen old people act young?”

He advocates both whenever possible. “Act happy, and you’ll be happy. Act youthful, and you’ll feel young.”

## ATTITUDE ADJUSTMENT

The doctor zeroed in on the plusses of laughter a decade ago, after he noticed his broader-based health talks put some to sleep. He also noticed that only healthy people were showing up. He wanted his message to reach a wider audience.

Now, his new book, “Never Act Your Age: Play the Happy Childlike Role Well at Every Age” (Beaver Pond Press, 2002; \$14.95 paperback), helps to spread the word about the many benefits for a good laugh. Among lesser-known perks are these: A solid minute of laughter is worth 40 minutes of deep relaxation. And 100 laughs burn as many calo-

ries as a 10-minute jog.

The book extends to cover such healthy “bit parts” as smart nutrition, physical activity, good posture and staying connected — whether to people, pets or plants.

“Write down the word ‘illness,’ ” he suggests. Sometimes, people feel ill because they are totally focused on the “I,” he says. “Go out and become a ‘we,’ ” he suggests. “And notice the word illness changes to wellness.”

Funny how that switch can happen in real life, the doctor adds.

## EDU-TAINMENT

Anderson intimately understands the power of humor.

At 18 months old, he suffered severe burns on his face, neck and hand when he pulled a saucepan in which cake frosting was boiling off the stove. Sixteen surgeries, one of them just three years ago, have helped to repair the serious scarring.

As a boy growing up in Austin, Minn., he became known for his humor rather than his scars. His accident influenced him to choose medicine as his life’s work. “I think doctors were kind of my heroes,” he says.

Though not trained as an actor, he eventually added method acting to humor and medicine to create a model for feeling good. He recognized that getting into an act works offstage, too.

“Remember when your mother or grandmother told you, ‘If you want to be a good Christian, you’d better start acting like one?’ ” he asks. “Or, ‘If you want to be a good student, you’ll have to act like one?’ ”

No one sleeps through the presentations he gives now in the Twin Cities and across the country. They’re too busy laughing. He calls his approach edu-tainment.

Oh, by the way, remember the actress Anderson talks about who had the wicked part and couldn’t get over feeling lousy? She got a happy part and started feeling great.

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DALE L. ANDERSON, M.D.



## Acting happy helps keep us healthy, Minn. doctor says

Article by: Jeff Strickler

Star Tribune

February 25, 2015 - 9:31 PM

Dr. Dale Anderson's background includes extensive training in surgery, family practice, emergency medicine and the Stanislavsky method for actors.

No, he's not a frustrated Broadway star. In fact, other than for a couple of roles in school plays 60-plus years ago, he's never done any acting. At least, not on stage.

But every day he acts happy, which helps keep him healthy.

"A happy body produces endorphins," he said. "Endorphins are part of the opioid family. That's the same as opium and morphine. We have our own internal pharmacy that is always open and has no copay."

A retired clinical assistant professor at the University of Minnesota, Anderson has focused on studying and promoting the connection between a happy outlook and a healthy body. He's convinced that we have the ability to make ourselves happy — or, more to the point, make our bodies react as if we were happy — and, thereby, make ourselves feel better.

"By learning to act as if you are happy, healthy and vital, even when you don't feel that way, you can change your body's chemistry and begin to feel the way you act," he argues.

The flip side, acting unhappy and making ourselves unhealthy, can happen, too, he warned. "The surly bird gets the germ," he said.

(Anderson is a master of the pun, a verbal machine gun throwing out terms such as the "individu-well" and the "well-derly," along with directives to "inner-tain" yourself for "the health of it.")

His interest in acting happy for better health stems from treating a patient who made him unhappy because he couldn't help her.

"She was an actress who came to me complaining of aches and pains," he said. "We tried everything from physical therapy to chiropracty, but the pain didn't get any better. It's very hard for a physician when you can't do anything to help."

She mentioned that her current role involved playing someone who was angry. A few weeks later, that play closed and she



"We can play a happy, childlike role well at any age," says Dr. Dale Anderson.

Photo by David Joles [djoles@startribune.com](mailto:djoles@startribune.com),



Dr. Dale Anderson and his wife, Annie, a retired psychotherapist, shared a morning laugh. "I call her my Little Endorphin Annie," Dale said.

Photos by DAVID JOLES • [djoles@startribune.com](mailto:djoles@startribune.com),

switched to a role that was upbeat. “All her aches and pains went away,” Anderson said. “I started reading everything I could about method acting.”

He conducted a survey of the Twin Cities acting community. The performers who described themselves as method actors — an approach in which the actor makes a physical and emotional connection with the character — reported a correlation between their roles and their health. The actors playing downer characters reported feeling worse than usual, while the actors with happier parts said they felt better.

Actors needing a paycheck can't insist on playing only happy roles, of course. But the rest of us can, he said.

“Theater does not take place only on a stage,” he said. “There is the theater of everyday life. There is a stage on the street, a stage in your home. Everybody's an actor — Shakespeare told us that.”

### Looking on the bright side

At 81 (“and a half; when you get to 80, you get to start counting half years, and when I get to 90, I'm going to start counting quarters”), Anderson radiates an exuberance that belies his age and his medical records. His family has a history of serious heart problems, and he suffers from Type 2 diabetes.

“When I was in medical school, I was told that I'd never live out of my 40s,” he said. “But your genes are not your destiny. That's one of my messages.”

A childhood accident caused nerve damage to his hand that eventually forced him to give up his dream of being a surgeon. But he refused to let that slow him down.

“My scars didn't do me in,” he said. “I had to overcome them, and the best way to overcome them is to be around people you enjoy and to have fun.”

He shares his own setbacks to rebut the argument that only people who don't have problems can act happy.

“Pollyanna got a bad rap,” he said of the fictitious character whose name has become a cliché for being illogically optimistic. “She never said that everything bad was good. When bad things happened, she said, ‘Is there anything in this that I can find that is good?’”

Being optimistic is one of the keys to acting happy, he said. “I've always been optimistic. My parents were great; there was a lot of laughter in our house. That's not to say there weren't serious things going on, but my parents were always positive.”

There's still a lot of laughter in his house in Roseville. He sat at the kitchen table one morning with his wife, Annie, a retired psychotherapist who is every bit as upbeat and energetic as he is. They sounded like early morning radio DJs trading one-liners.

“I call her my Little Endorphin Annie,” he quipped.

She nodded in mock agreement: “He was so morose and so down, and then I came into his life.”

So he proposed marriage. “She said, ‘Sure, anything for a laugh.’”

### Gaining serious support

There's an increasing body of science supporting Anderson's theories about the connection between happiness and body chemistry.

This month, an immunologist at the University of California, Los Angeles, reported that happiness alters immune cells. “We’ve found that happiness can remodel our cellular composition,” Dr. Steven Cole told the Atlantic. “It’s no question that the mind and immune system are intrinsically linked.”

In addition, a study of 5,100 people released by the University of Illinois in January found that those who described themselves as optimists were twice as likely to be in good cardiovascular health as pessimists. They also were less likely to be obese, had lower rates of smoking and were “livelier in general.”

“More and more and more people are coming to see that this is scientific,” Anderson said.

Arden Moore, a columnist for Prevention magazine, met Anderson when the publication was doing a series of articles with doctors. She was so impressed by his philosophy that she collaborated with him on a 2002 book, “Never Act Your Age.”

“He lives it,” Moore said of Anderson’s act-happy philosophy. “Convincing the editors at Rodale [publishers of Prevention] that you’re legitimate is not easy. I’ve checked him out. He’s the real deal.”

When it comes to acting happy, Anderson practices what he preaches — and “practice” is the operative word.

“You have to do what an actor does: rehearse, rehearse, rehearse until the part becomes natural,” he said.

One of the techniques he suggests is looking inward and giving yourself a pep talk every morning. It doesn’t have to be about practical matters. Or even honest, for that matter. The more fun you make it, the better, he demonstrated, flexing his biceps as he gushed: “OK, Dale, when the Medicare Chippendales come looking for new recruits, you’re in!”

Moore has witnessed another of his favorite practices: the daily laugh. “He sounds like a car starting on a cold Minnesota morning,” she said. “He goes, ‘Ha.’ Then, ‘Ha, ha.’ Then, ‘Ha, ha, ha.’ And then he ties it all together: ‘Ha, ha, ha, ha ...’”

Anderson is the founder of Act Happy Day, which is on the second Monday in March (it’s March 9 this year). But this is not just a one-day-a-year deal for him. He gives speeches at holistic healing conferences and makes regular presentations at local theaters and coffeehouses.

“We want people to learn the act of happiness and take it into their homes,” he said. “We want to start a happy-demic.”

Jeff Strickler • 612-673-7392

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## The script for acting happy

February 25, 2015 - 1:34 PM

Here are some of Dr. Dale Anderson's tips for acting happy.

**Posture.** Presenting yourself in an upbeat way is very important. To avoid slumping while walking, take three steps backward. Your body will instinctively adjust its alignment, raising your head, neck and shoulders.

**Eyes.** Keep them open wide and searching.

**Face.** Smile. Keep your forehead and cheeks up. Strive to appear radiant and alert.

**Thoughts.** Focus on being aware of what's going on around you, searching, exploring and connecting.

**Behavior.** Do something that makes you feel better, like going for a walk or calling an old friend. "Lead with actions and your emotions will follow."

**Environment.** Turn on upbeat music. Surround yourself with pleasing aromas. Wear bright colors. Red ("a splash will energize us") and yellow are his favorites. "These are the colors you will see on stage for a fun character."

**Get out of the rut.** Take a new route to work. Sit in a different chair at the dinner table. Brush your teeth with the opposite hand. "Welcome new, novel and challenging encounters."

**Laugh.** He "prescribes" belly laughing for 15 seconds three times a day. Don't worry if you feel silly doing it. On the contrary, you can get a good laugh out of that, too.

**More information.** Anderson has a website, [acthappy.com](http://acthappy.com). He also conducts periodic seminars at the Lakeshore Players Theatre in White Bear Lake and J. Arthur's Coffee in Roseville.

Jeff Strickler

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# Minnesota

MEETINGS & EVENTS

Summer 1996



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**Restful Hotel Sleep**

*Doctor's guidelines to help travelers enjoy peaceful nights and sustain alert days.*

**Dale L. Anderson, M.D.**



**Watch for The Grand Opening of the Bravo! Celebration Center in Fall 1996**

A prescription for

# Restful Hotel Sleep



**As a physician and speaker, I spend many hotel nights away from home. Over the years I have identified several Do and Don't behaviors that will help a traveler enjoy peaceful nights and sustain alert days.**

**W**hen one is on the road and away from the usual comforts of home, sleep at night and alertness during the day is often affected. Many conference attendees complain that they toss and turn all night then sleep through meetings. This can be a significant "nightmare" for meeting planners, event speakers and session attendees.

Through years of experience, I have identified several Do and Don't behaviors that will help a traveler enjoy peaceful nights and sustain alert days.

## Restful sleep

Do select and request a quiet, restful room. If one has any respiratory problems, stay in a newer hotel and ask for a non-smoking room above the fifth floor. In such a room there is less accumulation of allergic and irritating dust from shed skin, body mites, mold, feather down, cosmetics and street dirt and pollen.

Ask for a quiet room away from the elevators, the ice machine and the suites and hospitality rooms. In large cities, a room away from the street or above the 10th floor will help eliminate traffic noise. A loud neighbor can be "tuned" out by setting the radio between stations and playing some white-noise or by using a pair of soft ear plugs.

Ask for a room with a pleasant view! A south or east view will get

more early morning sunshine and will be cooler in the evening than will a room facing west.

Do arrange the room for comfort and safety. Master the thermostat control early in the day and set the temperature at 65-70 degrees Fahrenheit and leave it there. Place luggage and room furniture "off the beaten path" between the bed and the bathroom. This will help avoid a tripping or falling injury that is all too common in unfamiliar surroundings.

Set up the bedside stand and become familiar with its layout. This will prevent one from fumbling, groping or lunging for the light, phone or alarm. I choose to put a handkerchief, a glass of water, a note card and a pen on my bedside stand. It's reassuring to have an extra alarm clock to assure timely awakening. To avoid having to turn on the lights at night to find my way, I carry a small night-light that can be plugged into an outlet in the bathroom.

Do stay connected to home! Stay in touch. Familiar items from home can help one sense and generate the happy chemistry of home. When children are taken on trips, one packs their favorite pillow, blanket, stuffed animal, toy, book and music. Children are comforted with familiar items and routines while traveling. Everyone should, similarly, pamper themselves when on the road. Become childlike and sleep like a baby! Sure, go ahead and take the pillow!

Do exercise. Ideally, one should

exercise late in the afternoon but not less than two hours before going to bed. Exercising at this time is better than in the morning because the excess fluids that have puddled in the arms and legs during the day can be moved out of the extremities by the contraction of the exercising muscles. Getting this fluid out of the extremities before laying down to sleep will prevent a middle of the night "full bladder" trip. If one is unable to exercise, perhaps before turning over to go to sleep, one may choose to lie on the back, read a bedtime story and raise the "fluid heavy" legs above the level of the heart.

Do bathe before bedtime. Grandma was right, a hot soaking bath will help bring on sleep. Science shows that a falling body temperature helps induce sleep. And the steeples of the downward slope of a falling body temperature correlates with the quality of "sleep chemistry." Therefore, if one heats up the body just before retiring there will be a steeper fall in body temperature, relaxing the body and inducing sleep more easily.

Some feel that raising the body temperature has a pasteurizing effect. They believe that a hot bath or exercising to raise the body temperature helps ward off infections.

A hot bath or shower at night also allows one to shampoo out the street dirt and pollens the hair has attracted during the day. The hair acts as an electro-magnet for allergens. If one goes to bed with dirty hair, the dirt and pollen is rubbed off onto the pillow and from there into the nose. Clean hair, clean pillow, clean and clear sinuses.

Do consider a bedtime snack. Some sleep authorities (including some grandmas!) suggest that one may benefit from ingesting a bland carbohydrate such as several soda crackers, some warm milk or yogurt or a small amount of alcohol like brandy at bedtime. The slow rise of blood sugar generated by the carbohydrate, the tryptophan in the dairy product and the relaxation effect of a small amount of alcohol may be beneficial.

An antacid tablet that contains calcium carbonate will provide the body with needed calcium and will help soothe the stomach. An aspirin or ibuprofen may reduce joint and bladder irritations caused by inflammation. In addition, aspirin has been recommended to help prevent early morning slugging of blood platelets. Many health care providers believe this helps lessen the incidence of stroke and heart attacks.

Do slow down the breathing! Grandma is right again! Remember when she would tell you to, "Count sheep, honey, and you'll fall asleep." The wisdom of this message is reflected in all of the meditation and relaxation approaches that I have observed. They all do one thing. They all slow the breathing and induce a relaxing blood chemistry.

If one hyper-ventilates by forcing rapid deep breathing, the chemistry of the body changes to an alkaline state and one becomes tense and excitable. In contrast, slow breathing allows the body to retain a higher concentration of carbon dioxide that results in a more acidic physiology. This acidity, this falling pH, has a profound slowing affect on bodily functions, which leads to sleep.

There are many formula meditations to slow the breathing. The simplest is to count sheep, or one can concentrate breathing to a count such as, inhale one, two, three; hold four, five, six, seven; exhale eight, nine, ten, eleven, twelve. Soon you will be asleep. You can count on it!

### **Sleep robbers**

While it is important to accentuate the positive, it is also wise to eliminate the negative factors that can keep one tossing and turning all night. So, beware of the "Seven sleep robbers."

Don't use caffeine for six hours prior to retiring. While everyone recognizes that caffeine is present in coffee, tea, cola and most soft drinks they often overlook cold medications and pain-med combinations such as Anacin and Excedrin. A significant amount of

caffeine is present in chocolate and drinks made with Kaluha and Creme de Cocoa. At the evening banquet avoid the chocolate cake, and definitely don't eat that tempting piece of chocolate left on your pillow by the room attendant!

Don't use other stimulants for six hours prior to retiring. Pseudoephedrine and related chemicals are found in decongestant tablets and in nasal sprays and many cold and sinus medications.

Don't abuse alcohol. There are many misconceptions about alcohol as an inducer of sleep. Many studies have confirmed that alcohol used in moderation (no more than two drinks) in the hours before retiring may help induce sleep. However, those who drink in excess may "fall asleep" only to awaken four hours later when a nervous system stimulation occurs.

Alcohol, caffeine and stimulants also have a diuretic effect which can keep one "on the go" much of the night with a full bladder! This diuretic effect is compounded in meeting attendees because of their relative inactivity which encourages the collection of salty fluid in the legs. This extra fluid "dumps" back into the central circulation upon lying down, particularly a problem if one has been relatively inactive during the day.

Don't eat a late "gourmet" meal before retiring. Many convention attendees complain that "something they ate" at the big banquet or at the "fancy" restaurant kept them awake all night. This need not happen if one is aware of the foods that are generally recognized as "sleep robbers."

Each individual has particular foods and spices that are off limits for them. Keeping a meal diary of the foods one has eaten on occasion of a restless night will help one identify and avoid those foods, especially when away from home. In general, most of us are kept awake if a late night diet varies significantly from our usual eating routine. Acid foods, like tomato and citrus can provoke heart burn.





# Liquidate Those Unwanted Pounds

## And Fatten Your Wallet!

Between the stress of corporate America and the prevalence of sedentary jobs, many of today's business professionals weigh more than they did just a few short years ago. In fact, sixty percent of the US population is overweight, and thirty percent are classified as obese. With breakroom vending machines tempting us with sugary sodas, calorie rich energy drinks, and candy bars, it's no wonder that today's workers are packing on the pounds.

But being overweight has become a huge health problem for our country, a serious drain on our medical finances and work productivity. Additionally, those who are overweight die sooner. Think about it . . . how many overweight or obese people do you see in their 80s and 90s?

Extra pounds are often the behind-the-scenes culprit contributing to diabetes, hypertension, heart problems, and muscle weakness. Being overloaded with too much weight contributes to many orthopedic problems, especially pain and stiffness in the back and lower extremities. Since you can't drive a Mac truck on Volkswagen tires, you need to remove the excess weight tastefully, slowly, and sensibly.

"But how?" you may be thinking. "I've tried just about every diet under the sun. Plus, I work ten to twelve hours per day at a desk job. There's simply no time to exercise!"

Unfortunately, people often interpret the word "diet" to mean deprivation,

punishment, and failure. The true meaning of the word "diet" is Greek for "a way of life." Therefore, we all need to banish our way of thinking of the term "diet" and instead focus on a new way of life.

Every year, the media and weight loss industry bombard us with "new" and "breakthrough" diets that promise to melt away excessive pounds almost overnight. The list of diets include high/low protein, high/low fat, high/low carbohydrates, and even some one-food diets like grapefruit, bananas, or popcorn – or named after an individual or an exotic location.

The truth is that there is no "magic formula" or "secret food" that helps you lose weight. So let's agree to stop this dieting foolishness right now. In fact, if you are overweight, the best advice is to stop buying into the fad diets, save your money, and simply liquidate now.

### The Liquidation Way of Life

Fortunately, there is an easy way to lose weight and win with your health at the same time. Quite simply, stop drinking calories for thirst. In other words, *if you can spill it, don't swallow it!* By following this one simple rule, you will painlessly shed unwanted pounds. This is the weight loss number to remember: 3,500 calories equals a pound of FAT!!

Consider this: If you drink one eight-ounce glass of milk a day, you ingest

the caloric equivalent of one "fat" pound each month – more than ten pounds in a year. The same holds true if you drink one can of soda or one energy drink per day. If you drink all three every day, you risk gaining three pounds a month, or a whopping thirty-six pounds in a single year! So if you stop drinking these three items each day and make no other changes in your diet, you would drop over thirty-six pounds in a single year.

Here's a handy list of drinks you can easily liquidate:

- ✓ 4 oz of juice – 100 to 120 calories
- ✓ 8 oz of milk – 100 to 150 calories
- ✓ 8 oz sports drink – 100 to 150 calories
- ✓ 12 oz of soda – 120 calories
- ✓ 12 oz of beer – 100 to 130 calories

In a month, daily consumption of these liquid items can easily top 3,500 calories. One pound of fat equals 3,500 calories. To lose weight, you either have to work off 3,500 calories through exercise, or you have to not put an extra 3,500 calories into your body. And just like that – it ADDS UP to FAT.

To make the most of the liquidation way of life, follow these guidelines:

- ✓ H2O is the Way to Go  
Drink eight to sixteen glasses of calorie-free water for thirst every day. Never sip a single calorie in liquid form, except for the occasional glass of "medicinal" red wine, a party beer, or nonfat milk on your morning cereal.

Your liquid calories should only come spoonful by spoonful as soup or on cereal, but never gulped from a glass, cup, can, or bottle. *Don't sip it – Skip it!*

#### ✓ Avoid "Breakfast on-the-Go" and "Energy Boosting" Drinks.

Many people overlook the added calories of smoothies, slushies, or blended drinks that they normally consume as "breakfast on-the-go." Because the liquidation way of life says, "If you can swill it, spill it," drink nothing that has a calorie out of a glass, can, cup, or straw. Sure, if you are a normal weight, then a once in a while indulgence is okay, but not for someone who is overweight.

Avoid the expensive, exotic, designer drinks that often act as a substitute for food, because they only give a temporary feeling of having eaten. So while they pack on the calories, they don't give the sustained feeling being full. Within an hour or so, you'll be raiding the vending machine to get your fill of real food, which will only add more calories to your day.

#### ✓ Dilution is the Solution

Most "zero calorie" drinks that are sweetened with artificial sugars are okay to consume. However, some preliminary research suggests that sugar substitutes give you a hankering for sweets. So drink zero calorie beverages in moderation. Still, if you just can't stomach plain water, then dilution is the solution. Gradually, you can dilute any diet drink or juice by 70-90 percent and still get a sweetness or taste you crave.

#### ✓ Make Time for Tea

Tea is a great way to flavor water. But before you say, "I don't like tea," take a stroll down the tea aisle of your local grocery store. Today's tea is much more than Earl Gray. Tea (which often has caffeine, so you can get the mid-afternoon boost you crave) comes in a multitude of flavors, from citrus to berry to herbs, meaning that you don't have to add any sweeteners to have a great

taste. Additionally, tea is so versatile – you can drink it hot, cold, or lukewarm. It's tea-riffic! Don't LEAF home without it!

### Drain Calories and Fatten YOUR Wallet – Not Theirs!

Just because you have a sedentary job doesn't mean you have to succumb to weight gain, nor do you have to blow your paycheck on diet fads. You can liquidate your way to a more slender you. In fact, many research studies have shown that cutting back on calories extends the life of monkeys, rats, mice, and humans. For example, rats and mice that cut their daily caloric intake by thirty to sixty percent lived thirty to sixty percent longer.

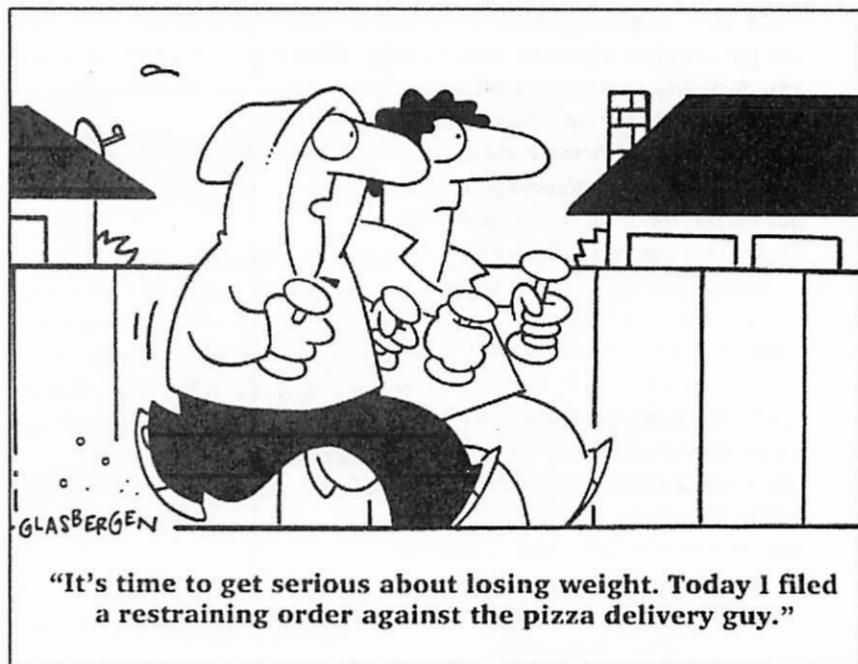
The real skinny on looking and feeling younger and more energetic is choosing a way of life that features these marquee headliners: Whole grains, fruits, fish, lean meats, green veggies, and lots of water. Deprivation and torture is not the answer. Food is fuel. By making some simple and healthy choices about what you consume, you reduce your risk of developing heart disease, stroke, diabetes, cancers, and obesity. And by

eating rather than drinking your fruits, you may even add five, ten, fifteen, or more productive and fruitful years to your life.

Quite simply, if you follow this simple liquidation way of life, you, too, will become and remain a healthy "light-weight." Never again will you be "swallowed up" by the "get thin quick" fad diets. ☐

#### About the Authors

**Dale Anderson, MD** owns the business **ACTHAPPY.com**. He is a physician speaker who prescribes UP BEAT theater skills to individuals and groups who want to MASTER the physiology of a SUCCESSFUL PERFORMANCE. He travels the country prescribing METHOD acting techniques and happiness as good medicine. Named "Best Speaker" by Minnesota Meeting and Events Magazine. His 4th book, "Never Act Your Age," was awarded a National Senior Media Award, a National Health Information Award and a Foreword Magazine Award. Contact Dale at 651-484-5162 or visit [www.acthappy.com](http://www.acthappy.com). Requests for republication permission of his articles can be edited to meet the needs for other Business, Health, Education, Spiritual and Senior publications. [Dr@ActHappy.com](mailto:Dr@ActHappy.com)



# Put Your HEART Into It

## Setting the stage for dramatic health benefits

by Dale L. Anderson, MD



**D**rawing from the tradition of the theater, we can develop a new paradigm for creating health and happiness, through humor. It's based on the idea that *we become what we do*. In other words, we can become healthier and more successful by consciously modeling (acting) the happy-healthy traits we desire. When we do this—even just *acting happy*—we stimulate our bodies to produce endorphins and other chemicals that bolster our immune systems and promote well-being.

### Go on stage, act the part

Imagine, as you enter your client's home, that you are about to go on stage. Another day in the life-and-death drama of patient care is about to begin. You're the designated star. The production's success depends upon your performance. Curtain up! But, when you enter the spotlight, you realize that your heart isn't in it. The chemistry isn't right. What can you do?

As an HHA, you are a professional. If you feel down or disheartened, it may impact the care you give to your client. Your motions, notions, and emotions are all regulated by your body's chemistry. You may need to change that chemical (emotional) reaction in order to provide the best care possible.

And the good news is—simply *acting* the part can help to bring about the positive chemical changes in your body. The physiology of a happy heart can be called forth if you master some of the techniques used by actors to prepare for their roles. Method actors have developed successful theater skills that trigger the feeling for a desired stage role. And when this chemistry is right, the feeling is right—and the performance is “right on!”

What is this chemistry of being “on?” Can we measure it? Can we make the “high” of stage acting into the “high” of everyday life acting? Can we use the technical methods of the theater to act

happy, act healthy, and act well? Yes, yes, and yes! But how can HHAs help themselves and their clients “get their act together” to enhance health and the happy heart?

As health care providers, we recognize that when colleagues and patients have an upbeat attitude, it leads to better results. It augments, complements, and enhances conventionally prescribed treatments.

Actors often describe their roles in a stage production as either a “sick/sad/angry/downer” or a “well/happy/upper.” The difference between the well/happy and sick/sad/angry physiology is being scientifically investigated and identified. Researchers can actually see the difference between these two attitudes in positron emission tomography (PET) scans done of people's brains. It's apparent that the dramatic arts and the medical arts communities can become healing colleagues. They can do that by bringing happy-heart stage methods into the theater of health care.

### Fake it—until you “get real”

When you develop “happy heart chemistry,” you can become less stressed, healthier, and more successful—in other words, a better health care provider. Analyze and practice what you can do to get your happy heart act together. “Set the stage” to have more laughter and humor in your work and your life. What kind of fun, humor, and pleasures do you enjoy? If it is not harmful to yourself or others, do more of it. What music, colors, aromas, and textures make you feel good? What activities do you look forward to and what people do you enjoy being with? Take heartfelt care of yourself first—then others.



Here are some thoughts to get you going:

**Wear the right costume.** Color changes our mood. Cool colors, such as blue and green, help us relax. Warm colors, such as red and yellow, help us lighten up and get going.

**Use appropriate props.** Try “plant-parenthood” in your home. The American Horticultural Therapy Association did a study which showed that people doing tasks in an environment that contained plants had significantly lower blood pressure than those who did the same tasks in a plantless location.

**Rehearse.** Take a “laughter prescription”: Stand in front of a mirror and belly laugh for 15 seconds—for no reason, nothing special to laugh at. Just do it and feel the new chemistry that results. One solid minute of laughter is worth about 40 minutes of deep relaxation. One hundred laughs burn the same number of calories as a 10-minute jog.

**Watch that posture.** Sit and stand tall, never slouch. Slouching lowers your mood and can also lead to back pain.

**Learn the score.** Make music part of your life, and play your favorite pieces at home or in the car. (Do not do this in your client’s home unless you have the same taste in music!)

**Be a good understudy.** Identify a positive role-model, and mimic that person’s actions, appearance, and script. Attempt to experience for yourself a similar chemistry to that of your role model.

Learning how to change your chemistry from sad to glad may take some time. I tell my patients to “fake it” until the new chemistry feels real. This is called habit formation. And your habits become the real you. If you don’t like the word “fake,” substitute the word “act” or “perform.” And then script, rehearse, costume, choreograph, and stage the new act. Actors do! Why not HHAs?

The chemistry of the happy heart is

contagious and infectious. So spread it around.

Curtain up! You’re on! Put your heart into it!

### The Author

*Dale Anderson, MD, of St. Paul, MN, currently practices as an emergency and urgent care physician. He also is certified as a diplomate of the American Board of Holistic Medicine. In addition, he is a popular author and speaker. He can be reached at [www.acthappy.com](http://www.acthappy.com).*

# Home Health Aide

Volume 14, Issue 1 / January–February 2008

## Book Review

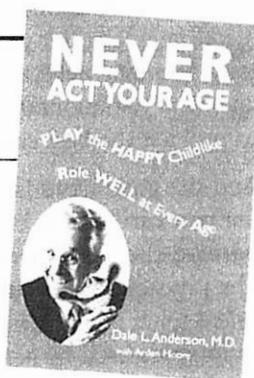
***Never Act Your Age*, by Dale L. Anderson, MD, with Arden Moore.** Paperback, 224 pages. Beaver’s Pond Press, Edina, MN ([www.beaverspondpress.com](http://www.beaverspondpress.com)), 2002.

This book guides readers toward increased well-being by encouraging the use of wellness techniques. It’s a quick read. The pages are packed tight with ideas from the tried-and-true “eat well and exercise more” to the whimsical “depressed individuals who put on flashy underwear become happier.”

Dr. Dale Anderson describes himself as a “Medicare-card-carrying

physician” who still practices medicine. He uses his experience and what he has learned from his patients to offer lighthearted but practical advice on putting more life into living.

The small volume uses a mixture of humor, facts, comic illustrations, and stories to convey its message. It may be just the “spoonful of sugar” needed to help the medicine of good health habits go down.



# Boost Your Brain

By Dale Anderson

SIMPLE STRATEGIES TO RE-MODEL, RE-FIRE AND RE-GAIN YOUR BRAIN

For years, doctors believed that we are born with a certain number of brain cells, and that those brain cells die off as we age, with no hope of ever getting them back.

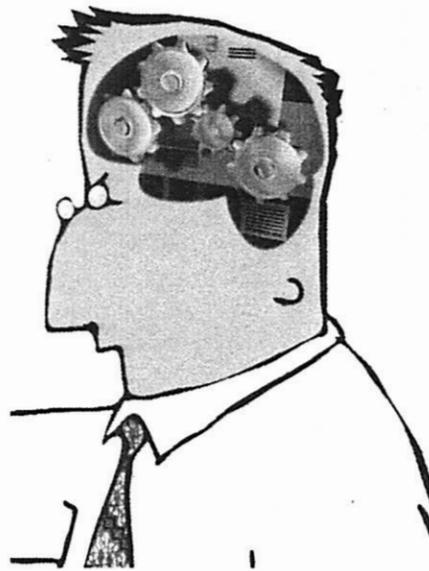
Today, scientists are proving that not only can we generate new brain cells, but we can also branch them out and make new pathways in our thought and learning processes. What does this mean to the average person? That anyone, at any age, can continue to build brain strength, and that being mentally "sharp" can be acquired through exercises.

The act of building brain power is called "neurobics." And just like the name implies, it's all about doing aerobics for your brain. Fortunately, these types of aerobic workouts don't involve 6 a.m. gym sessions or buying workout gear. Neurobics is something anyone can do anywhere, in just minutes a day.

Consider making the following neurobics a part of your daily routine to improve your brain.

**ACT HAPPY.** Method acting is an acting technique in which actors try to replicate real life emotional conditions in an effort to create a lifelike, realistic performance. Whether you are an actor or not, bring a bit of the theatre into your daily life and purposefully act happy. Scientifically, acting happy has a chemistry that is measurable with such things as T-cells, gamma globulins, serotonin, endorphins, melatonin, and cortisol, just to name a few. We can even do a PET scan of the brain and actually see what anger, sadness and even happiness looks like. Acting happy, whether through deep belly laughter or a simple smile, activates positive chemicals in the brain and keeps us alert, physically healthy, and will keep your brain more alive and functional.

**SHARPEN YOUR SENSES.** In our modern society, with our technological breakthroughs, we have lost so much of our senses. For example, when you go to



the grocery store, you don't feel your food anymore. You don't smell the meat. You don't feel the grains. Everything is boxed and wrapped and covered. Such modern conveniences dull our senses, and shrink and age our brains. Doing simple exercises can help refresh your senses and keep your memory strong. Here are few suggestions:

- ✓ Brush your teeth with the opposite hand.
- ✓ Sit at a new place at the dinner table.
- ✓ Eat a new food – differentiate and identify the spices.
- ✓ Get dressed with your eyes closed or in the dark.
- ✓ Wear earplugs around the house for an hour.
- ✓ Sit outside with your eyes closed and identify sounds and smells.
- ✓ Balance on one foot, and then on the other foot, while doing a task.
- ✓ Play a card game with friends.
- ✓ Read out loud or listen to someone else read.
- ✓ Look and stand up while saying the word "down" and visa versa.
- ✓ Take a new route to work or some other usual location.

- ✓ Try to guess the denomination of coins by simply feeling them.
- ✓ Welcome new, novel and challenging encounters.

While these activities may seem simple or even silly, they actually help your brain make new pathways.

Keeping the brain alive is all about making new connections and branching out. If you're right handed, you use your left brain a lot. If you can bring some of that brain activity over to the right side by using your left hand for the same task, you're exercising your brain and developing new pathways.

## MAKE PHYSICAL CONNECTIONS

When you're alone, you'll always do things the same old way. That means you'll rarely exercise your brain and make new neural connections. You can connect with others through a club, association, church, or any other type of group activity. Simply being in a crowd, such as a sporting event, enables you to connect. Growing plants is a way to connect, as it brings you closer to nature and brings something living into your life. Pets are another wonderful way to connect. If you're skilled at something, consider teaching as a way to connect.

Practicing neurobics can be a fun and enjoyable experience that adds brain power every day. Commit to making these neurobic activities a part of your daily routine, and give your brain the tools to stay young and vital. 

**Dr. Dale Anderson** is a notable author and speaker who practiced medicine for nearly 50 years as a family doctor, board-certified surgeon and board-certified emergency physician. As a speaker, Dale travels the country prescribing METHOD acting techniques and happiness as good medicine. Dale's most recent book, "Never Act Your Age," was awarded a National Senior Media Award. You can contact Dale at 651-484-5162 or visit [www.acthappy.com](http://www.acthappy.com).

# Act Happy! Live It Up! Laugh!

## for the Health Of It!

by Dale Anderson, MD



Often we speak about the “good chemistry” of a relationship, the “good chemistry” of a place or the “good chemistry” of an event.

Many physicians recognize that “good chemistry” means positive feelings and good health while “bad chemistry” indicates negative feelings and poor health. The growing field of psycho-neuroimmunology (PSI) is discovering that the physiology of feelings and health can be altered by many controllable factors that positively or negatively impact individuals and society. Medical science can now prove that those who positively script, stage, costume, direct and ACT healthy and happy will impact personal and social WELL-being.

### Harness the “pharmacy within”

Endorphins, with a chemical structure similar to morphine, are often referred to as the “inner uppers” that get us “high” on life. As a group, they are most often identified as “the happy chemistries” which enhance health and evidence shows they can be ACTED ON.

This sheds new light on ancient questions. Are we happy because we’re healthy, or are we healthy because we’re happy? Do we laugh because we’re happy, or are we happy because we laugh? Yes, happy people are apt to laugh often. At the same time, feelings of pleasure and happiness can result from the physical act of laugh-

ter, because laughter is a potent way to raise endorphin levels.

Those who know how to experience the joy of raising endorphin levels hold the keys to a wide range of possible benefits. Physical benefits include lessening of tissue inflammation, reduction of pain, relaxation of muscles, suppression of the appetite, and enhancement of the immune system. Psychological benefits include a sense of euphoria that can counter fear, anger and depression. People with “good chemistry” know how to “live it up” and tend to be friendlier, optimistic, humorous, creative, confident, perceptive, productive, popular, and yes, wealthier and more successful.

### What you can do

The social benefits of raised endorphins are critically important for our society. The good news is that people can direct dramatic changes by learning and teaching a few actions and thought-techniques.

Endorphin levels are raised through a range of activities. Besides laughing, these include smiling, getting sufficient rest, eating, exercising, cheering, singing, listening to music, creative visualization, camaraderie and romance. Obviously not all of these are appropriate for every occasion! Yet some are, and it pays to capitalize on them. As an example, actors use many actions and thoughts in the green room to get into the “chemistry” of a happy part. Here are three simple strategies you can start using immediately:

## Smile!

Smiling can produce an immediate change in physical, mental and emotional state. Test this idea for yourself and force a smile the next time you're feeling pensive or worried. Do this no matter how silly it seems at the moment and then carefully observe the resulting change in your attitude. Notice any subtle feelings of relaxation, relief or renewed perspective on life.

When we smile, we become our own physicians, filling an endorphin prescription from our pharmacy within. If we want to alter our brain chemistry, we don't have to take expensive drugs, we can just smile.

Smiling at yourself is something you can do often. Think of those times you've stood in front of the mirror and clothed yourself with a smile – before the big date, the big interview or the big meeting. Or consider searching for your face in a group picture. Chances are, you look to see what you're "wearing" on your face. If the picture shows your smile, you'll probably feel good about what you see.

So, the first and easiest way to start changing the chemistry is to "costume" your face with a smile. Ask friends and family to become aware of how much they smile at each other. Remind them of a phenomenon so commonplace that we constantly forget it – when people smile at us, we usually respond with a smile. Conversely, when we smile at others they usually smile back, and that's an "upper."

## Laugh!

Next, see if you can upgrade smiles into outbursts of laughter. Many memorable events and outstanding personal encounters are those that kindled laughter. Recalling those memories can trig-

ger the physiological experiences we had during the actual event.

As an example, here's a prescription for you; fill it for yourself and then offer it to friends. It's called "Laughter RX." Stand in front of a mirror and belly laugh three times each day for at least 15 seconds at a time. It's important to approach this task with gusto, not a mere snicker or lackluster chuckle. Whenever possible, do this in the company of others because laughter is contagious. At first your family and friends will laugh at you but soon they will laugh with you. This is an easy way to start a "HAPPY-demic."

While you may feel silly doing this, you will get a good laugh out of the experience. Lead with the body and the mind will follow. In other words, let an action generate the physiology of your emotions. Don't wait to laugh until you feel happy. Laugh to boost your endorphins and then feel happy as a result. Physiology can be staged and scripted to produce the healthy pleasure that adds life to any occasion. Learn to laugh for the "health of it."

There are several ways to use the laughter prescription. Regardless, the enthusiasm and goodwill generated is a wonder of nature – living proof that "laughter is the best medicine."

## Connect!

It's impossible for human beings to enjoy optimum health unless they experience genuine connection. The word "connection" in its broadest sense means bonding with friends, family, lovers, nature and community.

In its most basic definition, connection, means touch. Research among both animals and humans shows debilitating effects when touching ceases to be part of our lives. We fail to thrive physically

and emotionally and we become more insecure and prone to illness.

We can overcome this problem in small yet significant ways. A simple handshake, like a smile or laugh, has the power to bond people in non-threatening ways. When appropriate, tasteful and mutually acceptable, give a pat on the shoulder or any other every-day gesture of friendliness and support.

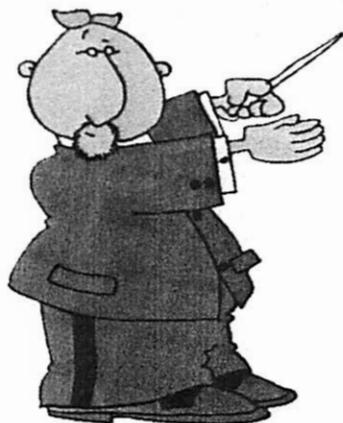
Of course, there are ways to foster connection other than physical touch. People appreciate being asked about their homes, families, hobbies, travel plans and social interests. This can create connections, satisfaction and relationships.

Memorable encounters with family, friends or strangers are those where participants feel a strong and lasting sense of being included and involved. These events evoke physiological feelings of belonging and camaraderie. There are no better ways to foster the healthy chemistry of happiness than smiling, laughter and connection.

So put on a smile, laugh for the "health of it" and STAY IN TOUCH! 

### About the Author

**Dale Anderson, MD** owns the business ACTHAPPY.com, he is a physician speaker who prescribes UP BEAT theater skills to individuals and groups who want to MASTER the physiology of a SUCCESSFUL PERFORMANCE. He travels the country prescribing METHOD acting techniques and happiness as good medicine. He also coordinates the ACT NOW project, a coalition of dramatic artists who think medically and medical artists who think dramatically. His 4th book, "Never Act Your Age," was awarded a National Senior Media Award, a National Health Information Award and a Foreword Magazine Award. Please contact Dale at 651-484-5162 or visit [www.acthappy.com](http://www.acthappy.com)



Have you J'ARMed today?  
If not, you're missing out on some serious health benefits.

# Conduct YOURSELF WELL

By Dale Anderson, M.D.

J'ARMed is short for (j)ogging with the (arm)s, the sweeping motion orchestra conductors make with their arms as they lead the musicians.

Conductors have known about the benefits of their baton-waving arm movements for years, and they live...and live...and live to prove it. In fact, great symphony orchestra conductors live, on average, five years longer than the general population. They are healthier in both mind and body than others their age.

Several years ago, the Metropolitan Life Insurance Company published its findings of a longevity study of conductors. Researchers reported that mortality among conductors was 38 percent below their contemporaries in the general population. How's that for some incentive to J'ARM?

Fortunately, there's a conductor inside each of us; we just need to re-tap our childhood memories and actions. Think back to your childhood for a moment. Many of us marched around our parents' living room pretending to lead a marching band or a large orchestra. We would hoist our arms high in the air and march around to the music, or dance with all limbs, arms, and legs. Today, moving your arms like an orchestra conductor can offer positive benefits:

- ✓ Improved posture
- ✓ Muscle strength and flexibility
- ✓ Improved blood circulation
- ✓ Better balance
- ✓ Weight loss
- ✓ A gentle shoulder and back massage
- ✓ Reduction of your physiological and mental ages

- ✓ A positive attitude and readiness for laughter
- ✓ A "wash" for your brain that removes annoying distractions
- ✓ Elevation of endorphins and other feel-good brain chemicals

## J'ARMed 101

With all the benefits J'ARMed offers, you'll want to get started. Here are some guidelines to get you going.

### Choose your J'ARMed instrument.

To become the great conductor of your "body orchestra" you need a baton. This can be imaginary, or you can use pens, pencils, knives, forks, spoons, brushes, chopsticks, and other implements.

**Select the right music.** If you're going to conduct, you need some music. Music lifts the moods and helps regulate breathing. As you begin to J'ARM, choose music that is upbeat.

**Pick a location.** Be creative when looking for times and places you can J'ARM. You can J'ARM whether standing or sitting, and virtually any time of day. Some popular places to J'ARM include: the shower; while cooking; while getting dressed; in your car, or in a private place at work.

You can J'ARM just about any place at about any time.

**Let go a little.** Unleash your childlike qualities and approach this more as play than exercise. Sometimes beginning J'ARMers feel they look silly. That's okay. Look silly! After all, what form of exercise doesn't look a little silly?

## Ready, Set, J'ARM!

Grab your baton, turn on the tunes, and

stand in front of a full-length mirror to see your entire "performance." If you're worried that your neighbors may think you're a little nuts, then draw the blinds.

Now you're ready to conduct yourself well. Raise your arms up high. Move your arms comfortably in all directions as a conductor does to the music's beat. Have some fun and do it with exaggeration and enthusiasm. There's no right or wrong way to J'ARM. Sing along with the music if you like. Who cares if you're a little off-key! Allow yourself to feel the music. Increase your aerobic benefits by standing, dancing, or marching around.

J'ARMed gives you the excuse to be childlike again, and reinvigorate both your mind and body. Once you start J'ARMed on a regular basis, you'll agree that this is one exercise that provides more fun than you can "shake a stick at!"

**Dr. Dale Anderson** is a notable author and speaker who practiced medicine for nearly 50 years as a family doctor, board-certified surgeon, and board-certified emergency physician. As a speaker, Dale travels the country prescribing METHOD acting techniques and happiness as good medicine. He also coordinates the ACT NOW project, a coalition of dramatic artists who think medically. Dale's most recent book, *"Never Act Your Age,"* was awarded a National Senior Media Award, a National Health Information Award and a Foreword Magazine Award. Please contact Dale at 651-484-5162 or visit [www.acthappy.com](http://www.acthappy.com).

**BONKERISM**  
Most problems are "mind over matter."  
If you don't mind...it doesn't matter.