

ANDREW WEIL'S HEALTHY MENU

Ten plant, herb and root products that are—according to Weil—good for much of what ails you:



Ginger

Helps treat stomach and digestive disorders and boost the immune system.

Olive oil

The healthiest of the edible fats; may help lower cholesterol.

Ginseng

Boosts energy, tones skin and muscles and improves appetite and digestion. (But avoid if you have high blood pressure or an estrogen-dependent disease like fibroids or breast cancer.)

Garlic

Lowers blood pressure, cholesterol and triglyceride levels; reduces the clotting tendency of blood; acts as an antibiotic.



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Astragalus

An herb that improves general disease resistance and can be used for battling colds and flus and improving digestion and circulation.



Green tea

Lowers cholesterol, improves lipid metabolism, has anticancer and antibacterial properties; watch out for the caffeine, though.

Dong quai

A plant in the carrot family that may ease symptoms of menstruation and menopause while helping to build muscle and enrich blood.

Ho shou wu

A root believed to nourish hair and teeth and to boost sperm production in men and general fertility in women.

Maitake

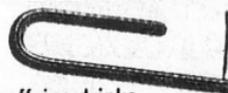
A mushroom thought to increase resistance to disease, promote longevity and help treat cancer, AIDS, hepatitis and chronic fatigue syndrome.

Broccoli

Widely believed to have anticancer properties; also a good source of fiber.



DR. WEIL'S DOs AND DON'Ts



- Practice breathing; you think you're doing it deeply enough, but you're not
- Walk at least 45 minutes a day
- Locate a steam bath or sauna and use it regularly
- Spend more time with people who make you feel alive; reach out to someone from whom you're estranged
- Think about illnesses from which you've recovered in the past; make a list of things that helped speed the healing process
- Make time in your schedule for music and art—and room in your home for flowers
- Don't drink coffee or other caffeine drinks (except green tea)
- Avoid chlorinated water, which almost certainly includes the water from your tap
- Eat less meat; soy protein is just as good as animal protein
- To reduce stress, watch and read less news; schedule occasional one-week news fasts
- Avoid radiation from electric blankets, computer screens and digital alarm clocks
- Don't breathe polluted air; a home air filter can help