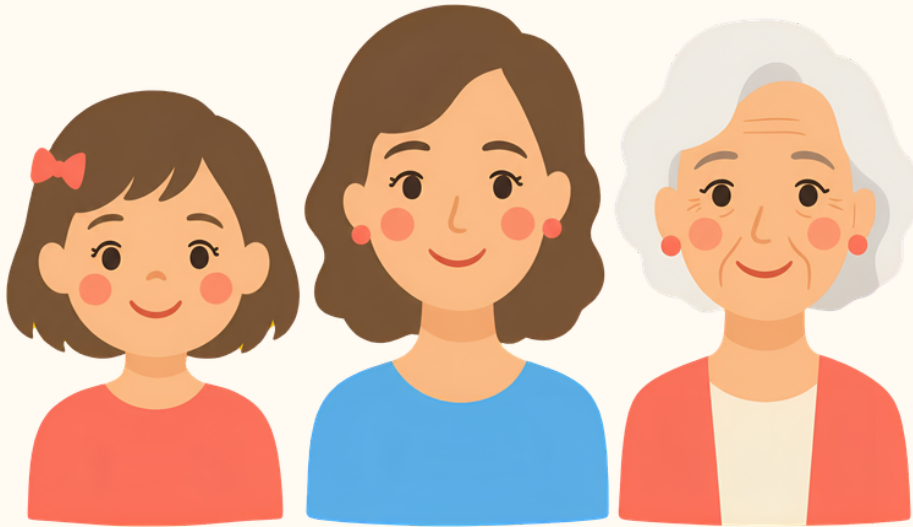

The Lifestyle and Culinary Medicine Newsletter

Welcome to September!



This Month's Focus: Healthy Living is Healthy Aging

Aging is a natural, evolving journey, but how we age is largely shaped by the daily choices we make at our tables, in our routines, and throughout our lives. True healthy aging isn't about chasing youth—it's about cultivating vitality, resilience, and joyful longevity through simple, evidence-based habits. In this month's edition, we explore how small, nourishing actions today lay the foundation for a vibrant, thriving tomorrow.

With care,

Dr. Lateef

The Art of Aging Well: Small Daily Rituals for Long-Term Vitality

Healthy aging isn't about chasing complex wellness trends. It is built in the quiet, consistent moments of daily life. When we care for our bodies and minds with intention today, we protect our independence, energy, and joy for decades to come.

Here are four simple, impactful ways to refresh your routine this month:

1.) Nourish with whole food plant-based diet:

- Meals should be structured predominantly around nutrient-dense plant foods, including fruits, vegetables, whole grains, legumes, nuts and seeds.
- Focus on simple, seasonal, unrefined ingredients and limit added sugars and highly processed foods.
- Swap refined carbohydrates for intact, ancient whole grains like farro, barley, quinoa, or steel-cut oats. These complex carbohydrates deliver a slow, steady release of energy without spiking blood sugar, while providing essential B vitamins and gut-friendly fiber that reduce cellular inflammation, which in turn is the driver of many chronic diseases.



2.) Move: Practice "Exercise Snacks" Throughout the Day:

- You don't need an uninterrupted two-hour gym session to stay strong.
- Break up sedentary time with 2-to-3-minute "exercise snacks":
- do a set of wall push-ups while waiting for water to boil, perform 15 chair squats between work tasks, or take a quick brisk walk around the block after lunch. These short bursts build functional strength and improve insulin sensitivity.



3.) Mental Health: Practice "Micro-Rest" & Sensory Grounding:

- Chronic mental stress drains physical health. Give your nervous system a true break by stepping away from screens for 5 minutes twice a day.
- Step outside, close your eyes, and focus entirely on sensory details: the cool breeze on your skin, the sound of leaves rustling, or the warmth of a mug in your hands.
- This simple grounding practice shifts your body out of "fight or flight" mode and lowers baseline stress.
- Have daily rituals to help lower chronic stress.

4.) Preventive Care: Schedule Your Annual Wellness Visit:

- Think of your primary care provider as your partner in active longevity. An annual comprehensive wellness exam gives you a dedicated space to discuss subtle changes in sleep, mood, mobility, or energy, while ensuring your blood pressure, lipid panels, and routine age-appropriate screenings (Mammogram, Colonoscopy, DEXA scan, Vaccination) are completely up to date.

Almond Coconut Macaroons

Ingredients:

- 1.5 cup Almond flour
- 1 cup unsweetened finely Shredded coconut
- 1/4 tsp Salt
- 1/2 tsp baking soda
- 4 Tbs Olive oil
- 4 Tbs honey
- 1 egg, beaten
- 1 tsp Pure Vanilla extract



Instructions:

1. Preheat oven to 350°F
 2. Line a baking sheet with parchment paper. Combine the almond flour, coconut, salt + baking soda in a large bowl until well mixed.
 3. In a separate bowl, whisk together the oil, honey, egg + vanilla.
 4. Mix the wet ingredients into dry ingredients with a spatula until combined.
 5. Using a round Tbs, take 1 heaping Tbs of the dough onto the prepared baking sheet, repeat to make 20-24 cookies ½ to 1 inch apart
 6. Bake for 9-12 min or until the tops are golden brown.
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Aging with purpose

Nurturing vibrant health throughout life isn't just about adding years to your life; it is about adding rich, active life to your years. When we look at the Blue Zones—regions across the globe where people routinely live past 100 with vitality—a striking commonality emerges. These individuals remain engaged, active, and deeply connected to their communities.

They maintain their independence, thriving in their own homes and contributing meaningfully well into their golden years.



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Cultivating Vitality Through Lifestyle Medicine

This functional longevity stands in stark contrast to the modern narrative of aging, which too often equates growing older with chronic disease, loss of autonomy, and eventual dependence. Lifestyle medicine offers a proven blueprint to rewrite that story through **six foundational pillars**:

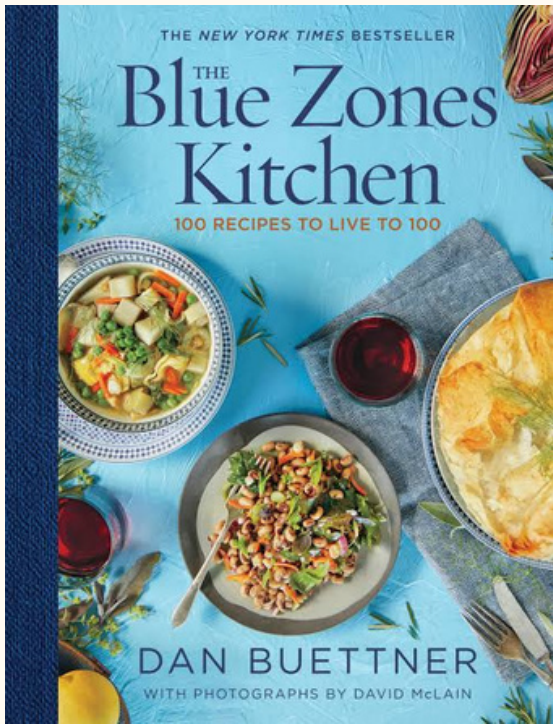
- **Nourish with Whole Foods:** Prioritize a plant-predominant, whole-food diet rich in fiber, antioxidants, and essential nutrients to protect cardiovascular and metabolic health.
- **Move Naturally & Daily:** Incorporate consistent physical movement, strength building, and daily mobility exercise to preserve muscle mass, joint function, and stamina.
- **Restore Through Deep Sleep:** Aim for at least seven hours of quality, restorative sleep each night to allow cellular repair, cognitive clearing, and immune optimization.
- **Manage Stress Effectively:** Practice daily stress-reduction techniques to tame systemic inflammation and guard emotional balance.
- **Avoid Risky Substances:** Protect long-term vascular and organ health by completely eliminating tobacco and minimizing or avoiding alcohol.
- **Cultivate Purposeful Connections:** Foster meaningful social bonds and maintain strong relationships. A shared sense of community and purpose acts as a powerful buffer against cognitive decline and isolation.

Aging well is not a matter of luck—it is a daily commitment to how we live, move, and nourish. By honoring these core pillars, we create the biological foundation necessary to live fully, stay independent, and age with strength, joy, and purpose.

Your Challenge This Week: Choose just one small ritual to incorporate over the next seven days. Longevity isn't a race—it's a sustainable rhythm.



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Book Suggestion

The Blue Zones Kitchen One Pot Meals: 100 recipes to live to 100

**By
Dan Buettner**

Dan Buettner's cookbooks focus on plant-forward, nutrient-dense, and fiber-rich meals derived from the world's "Blue Zones"—the geographic regions where people consistently live vibrant lives into their 90s and 100s. This book is designed for busy home cooks, and the recipes streamline longevity-focused eating into effortless meals.

Movement Tip

Aim for taking small snacks of movement throughout the day.

Interrupting prolonged sitting time with standing and light-intensity walking improves cardiometabolic health.

A light-intensity walking break from prolonged sitting significantly lowers glucose and insulin.

For example: walking for 5 min every hour is an easy activity to add to your day for improved heart and metabolic health and longevity.



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