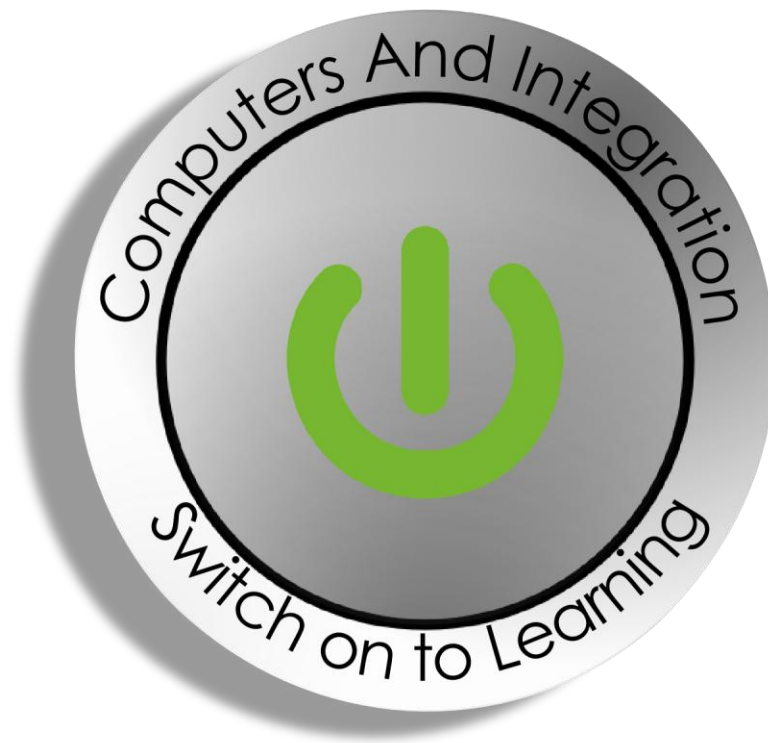


How to live to 100

By James A Cruickshank

Copyright 2018 James A Cruickshank



Computers and Integration SCIO

4 St James's Place, Inverurie, Aberdeenshire, AB51 3UB

Charity No. SC010617

Contents

[Preface](#)

[Principle 1: Maintain a healthy weight](#)

[Principle 2: Eat 7-10 portions of fruit and veg every day](#)

[Principle 3: Maintain a healthy gut](#)

[Principle 4: Maintain healthy kidneys](#)

[Principle 5: Maintain a healthy liver](#)

[Principle 6: Don't smoke and quit as soon as you can](#)

[Principle 7: Avoid caffeine](#)

[Principle 8: Limit your Vitamin A intake](#)

[Principle 9: Eat a moderate amount of Vitamin D rich foods daily](#)

Preface

Betty Cruickshank who is 94 says “hard work” and “everything in moderation” is key to living a long life. This book takes this as its foundation and builds on it.

Moreover, the author of this book believes that in order to live life to the full devoid of fractures and serious diseases you need optimum levels of Vitamin D, the sunshine vitamin. This book seeks to offer guidance for how to best maintain an optimum Vitamin D level.

Principle 1: Maintain a healthy weight

If you are overweight or obese, chances are that you will be low on Vitamin D. So, lose weight if you are overweight through regular exercise and maintain a healthy weight. This book recommends that you walk 4-5 miles every single day. Walking is the best and most accessible exercise you can do. You are unlikely to break a leg or damage a tendon like jogging.

Principle 2: Eat 7-10 portions of fruit and veg every day

Research suggests that the more fruit and veg you eat every day, the longer your lifespan will be.

There is a wide range of fruits and vegetables available on the market for you to consume. However, people that eat an apple a day are more protected against cancer, according to livestrong.com. As the saying goes, an apple a day keeps the doctor away.

The profile of the average apple:

- Contain fibre which helps to keep your digestive system running smoothly.
- A source of the antioxidant quercetin, which increases energy and endurance in physical activity and decreases inflammation throughout the body.
- A source of Vitamin C, which promotes immunity and contributes to the development and repair of body tissues.
- A source of potassium, which helps to regulate other minerals and fluid.
- A source of Vitamin K, which helps blood to clot properly.
- Benefits of apples include cancer and immune disease prevention.

Principle 3: Maintain a healthy gut

In particular, eat citrus fruits, fibre-rich foods, leafy greens and yellow vegetables. These are all good for your gut. The healthier your gut, the more Vitamin D you will absorb. Note that high-fibre foods include: whole grains, spinach, cauliflower, carrots, wheat bran, apples, broccoli, beans, figs and pears.

Moreover, for a healthy gut, help the good bugs by eating probiotics such as yoghurt as well as bananas, garlic, asparagus and onions. Also choose foods that soothe like cinnamon, fennel, ginger, mint, nutmeg and oatmeal. Porridge topped with a chopped banana is one of the best meals for breakfast you can have.

Eat foods to flatten your tummy like avocado, brown rice, dark chocolate (there is no need to cut out chocolate altogether), nuts, oatmeal, olive oil and seeds.

Foods from the Mediterranean diet are great for your gut. So, eat lots of fruit, whole grains, vegetables, legumes, olive oil, low-fat cheese and yoghurt. Plus, eat a moderate amount of fish, eggs, poultry and meat.

Betty Cruickshank eats salad for lunch most days. She also likes biscuits and cheese.

Principle 4: Maintain healthy kidneys

The health of your kidneys determines your Vitamin D level, so maintain healthy kidneys for a healthy Vitamin D level.

Eat cabbage, plus lots of berries like strawberries, cranberries, raspberries and blueberries. Betty Cruickshank drinks fruit juice for breakfast every morning.

Eat fish, egg whites, olive oil and garlic for healthy kidneys.

Principle 5: Maintain a healthy liver

Vitamin D is activated in the liver, so to maintain a healthy Vitamin D level you need to look after your liver.

Eat garlic, grapefruit, beets and carrots. Also, drink green tea, water, milk and limit your alcohol and fizzy drink consumption. Betty Cruickshank likes a glass of sherry in moderation.

Eat plenty leafy green vegetables, avocados, apples, olive oil, cruciferous vegetables such as broccoli and cauliflower, lemons and limes, walnuts and cabbage.

Principle 6: Don't smoke and quit as soon as you can

Smoking depletes the body of calcium and Vitamin D is used up replacing the lost calcium. So, it is best not to smoke. If you do, quit as soon as you can or feel able to. Chew gum with nicotine or suck lozenges with nicotine to slowly wean yourself off your smoking habit. Nicotine does not cause cancer - it is the harmful substances in cigarettes and tobacco that cause cancer.

Principle 7: Avoid caffeine

Stay away from cola fizzy drinks, caffeinated tea and coffee. Drink decaf versions of tea and coffee. Caffeine depletes the body of Vitamin D.

Principle 8: Limit your Vitamin A intake

Too much Vitamin A works against Vitamin D, so try not to consume too much Vitamin A. Note that tangerines, cantaloupe, watermelon and dried apricots are all rich in Vitamin A.

Of course, you need Vitamin A for healthy eyesight – just don't over-do it! The key is to maintain a healthy, well balanced diet with "everything in moderation".

Principle 9: Eat a moderate amount of Vitamin D rich foods daily

Foods rich in Vitamin D include cod liver oil, sardines, salmon, mackerel, tuna, whole milk, almond milk, caviar, eggs, mushrooms, beef liver and fortified breakfast cereals.

Try to incorporate some Vitamin D rich foods in your diet daily. But take heed that most Vitamin D rich foods are fattening. So, most importantly, aim to eat a healthy, well balanced diet with foods that are good for your gut, liver and kidneys. Remember, as Betty Cruickshank says “everything in moderation” is key to a long life.

Betty Cruickshank starts the day with breakfast cereal, accompanied by a glass of fruit juice.