



THE OPRAH WINFREY SHOW

Oprah

MAY 03, 2005

Copyright 2005 Harpo Productions, Inc. All Rights Reserved. Prepared by Burrelle's Information Services, which takes sole responsibility for accuracy of transcription. No license is granted to the user of this material other than for research. User may not reproduce any printed copy of the material except for the user's personal or internal use and, in such case, only one copy may be printed, nor shall user use any material for commercial purposes or in any fashion that may infringe upon Harpo, Inc.'s copyright or proprietary interests in the material.



MAY 03, 2005
Page 1

HOST: Oprah Winfrey

EXECUTIVE PRODUCER: Ellen Rakieten

INSIDER'S SECRETS TO MAKE YOU YOUNGER AND HEALTHIER

Unidentified Man #1: All right. Here we go, guys.

Unidentified Man #2: Oprah's on the way.

Unidentified Man #1: Good show. Good show. Good show.

OPRAH WINFREY: All new: get younger, get healthier. Inside secrets. Turn back the clock on aging. The newest, latest, most critical information.

Dr. MEHMET OZ ("You, the Owner's Manual"): (From upcoming program) And this is a magic pill.

WINFREY: The number one anti-aging food. It's a must.

(From upcoming program) Boy, that is great information.

And three things to do in the bathroom.

(From upcoming program) We have broken new ground in television.

We are going there, people.

(From upcoming program) I never thought I'd be discussing this on TV.

Next.

These are absolutely the highest heels I've ever had on in my life. Is that...

Dr. OZ: It's very impressive.

WINFREY: ...it's a weapon. It's a weapon.

Dr. OZ: It is.

WINFREY: You don't need a gun. Just take that and hit somebody over the head with it and that's the end of it, but we're not going to pull any punches today and you're definitely going to hear things you've never heard before. Dr. Mehmet Oz, world-renowned heart surgeon, is here with the latest critical inside information on how to stay young and healthy. Health is it, baby. Health is everything. Health beats shoes. Let me tell you. It doesn't matter what kind of shoes you've got on. If you've got high blood pressure--it really doesn't.

So let's get right to it. Dr. Oz says there are three things you can do in the bathroom in just three minutes that will keep you living longer. What are they?

MAY 03, 2005
Page 2

Dr. OZ: Well, it's about using your senses. You want to hear what the stool, the poop, sounds like when it hits the water. And that sounds crazy, but if it sounds like a bombardier, you know, plop, plop, plop, that's not right 'cause it means you're constipated. It means the food is too hard by the time it comes out. It should hit the water like a diver from Acapulco hits the water, phliph, in. Now that's the sound test.

WINFREY: That's the sound test, phliph. OK.

Dr. OZ: Exactly.

WINFREY: OK.

Dr. OZ: Then there's the sight test. Look at it. I mean...

WINFREY: OK.

Dr. OZ: ...everyone looks at their stool. They don't admit it, but they look. It should be shaped...

WINFREY: Let's have an admission here today. Let's have an admission here today. How many of you--yeah. Def--you know what? It's a funny thing. I thought I was the only one. Then I heard that everybody looks at their stool.

Dr. OZ: Absolutely.

WINFREY: You think Britney Spears, she's looking at her stool. OK. Go ahead. Go ahead.

Dr. OZ: But that's good, right?

WINFREY: OK.

Dr. OZ: You should look at it. It should...

WINFREY: And what--you're looking at it to see what?

Dr. OZ: ...be shaped like an S and we're going to explain why in a few minutes.

WINFREY: Oh, when you get an S, I'm so excited.

Dr. OZ: Yes. S for sexy. S for stool.

WINFREY: I'm, like, 'Whoa!' It should be an S.

Dr. OZ: It should be an S shape and you want to make sure the color is normal because the color of the poop tells you a lot about how you made it. At the end of the day, you can analyze your body really effectively by looking at what comes out of your body...

WINFREY: Oh, really.

MAY 03, 2005
Page 3

Dr. OZ: ...and we want to get people comfortable with that.

WINFREY: OK. OK. I'm very comfortable with it.

Dr. OZ: You are? You're a comfortable person.

WINFREY: So the S shape--so OK. OK, God, how to say this tactfully. So if it is releasing itself in pieces, that's not good?

Dr. OZ: You don't want that to happen because it means that by the time you finished digesting food...

WINFREY: Yeah.

Dr. OZ: ...and food is a medicine for you. It helps you. By the time you finished digesting it, you don't have enough of it left to poop out in the right way and probably it's hurt the organ, the colon...

WINFREY: Yeah.

Dr. OZ: ...that has to process it.

WINFREY: So pieces is bad.

Dr. OZ: Pieces is bad. Plop, plop is bad.

WINFREY: You want a full S.

Dr. OZ: S and swoosh.

WINFREY: Swoosh. OK. Got that. OK. OK. OK. And it can also be banana-shaped. That's good, too, isn't it?

Dr. OZ: S shaped, banana shaped. As long as it has a curve to it...

WINFREY: Oh.

Dr. OZ: ...and it actually form-fits...

WINFREY: You know what? All these years I've been so excited about that when that happened. I didn't know. I just--I didn't know that that was really such a good thing, but I'm, like, 'Yes!'...

Dr. OZ: Absolutely.

WINFREY: ...when that happens. OK.

Millions of you watching are unknowingly speeding up your aging clock every single day. We tracked down two viewers who represent a whole lot of people in this country. Take a look.

(Excerpts from videotape)



SUSAN: My name is Susan, and I am a busy working mother of three children. And the last person that I think about is myself.

I'm quite constipated. I typically only go to the bathroom every five days. My stomach will feel crampy, and I don't feel well. I drink eight cans of diet soda a day but never water. My favorite foods to eat are cookies, chips. I hardly ever eat fruits or vegetables. I hired a trainer hoping it would force me to exercise, but I often cancel. I'm just too busy.

Both my father and my uncle have died of cancer and my mother was just diagnosed with breast cancer. I heard there were some things you can do to lower your risk, but I don't have any clue what they are.

MAUREEN: My name is Maureen, and I'm 39 years old. I'm the mother of four, and my health is the last thing I have time for.

I suffer from diarrhea, constipation and hemorrhoids. My hemorrhoids feel so bad that it's like grapes hanging out of my rear. Sometimes they hurt so bad, I can't get out of bed for two days. I eat a lot of fast food. I love fried chicken and fries and I eat it at least four times a week. I never have any fiber. I don't drink any water. The only water to hit my mouth is when I'm brushing my teeth. I have trouble sleeping and have to take something every single night to help me sleep.

My parents both died from heart-related diseases, and my family has a history of cancer. My husband begs me to see a doctor because he worries that something is wrong with me, but I just can't bring myself to do it. I really don't know why I have these health problems.

(End of excerpts)

Dr. OZ: I mean, their bodies are screaming to them...

WINFREY: Yeah.

Dr. OZ: ...`Help me! Help me!' Their big colon is saying, `Come, I need something from you,' and they're not processing it. And I think part of the reason for that...

WINFREY: Well, first of all, how's your poop?

MAUREEN: It's non-existent or tiny marbles.

WINFREY: Oh, my goodness, non-existent or tiny marbles are really bad.

Dr. OZ: Yeah, marb...

WINFREY: (Singing) Tiny marbles.

Dr. OZ: (Singing) ...marbles.

WINFREY: Not good. Not good. Not, not good. OK. So what do you want to say to her?

MAY 03, 2005
Page 5

Dr. OZ: The purpose, I think, of this show more than any other is to create a no-embarrassment zone. I'll give you an example.

WINFREY: Yeah. Yeah.

Dr. OZ: The average male--and you probably already know this--has 14 episodes of passing gas a day. Guess what it is for women?

WINFREY: What?

Dr. OZ: Fourteen. Now what does that mean? That means I've already passed gas today and so have you and so has our hostess. That...

MAUREEN: Never, never, never.

WINFREY: Yes!

Dr. OZ: And that's OK. That's cool. That's what's supposed to happen. We need to figure out that and process it. So the plea to you is to figure out that it's not normal. You sort of had that epiphany already. And then let's take the steps that are required and not hone...

WINFREY: Well, how come when it happens, then everybody's always like so farklempt about it. It's, like...

MAUREEN: 'Cause it's embarrassing.

WINFREY: 'Cause it's embarrassing? Yeah.

Dr. OZ: That's why we need the no-embarrassment zone. We need to stay comfortable...

WINFREY: OK.

Dr. OZ: ...and so smart people say, 'Well, that's not really what's happening.' It is.

WINFREY: OK. So you need to pass gas 14 times. You need to.

Dr. OZ: Well, you want to.

WINFREY: You want to 'cause if you weren't passing gas, you'd be all kind of bloated up, right?

Dr. OZ: Exactly.

WINFREY: It's something we usually don't discuss in polite conversation, but today, we're tackling this important subject for our own good health. Here's an animated view of what actually happens in your hard-working colon.

Dr. OZ: So this is the small bowel. And it just processed some food. And it starts to get irritated. It turns red. And that redness means that it's inflamed. And so this hurts you. This causes belly pain. Here's that same



food bolus pouring into the cecum. Now why don't you freeze it right there. Now a couple of things are important here.

WINFREY: What's that right there?

Dr. OZ: This is called the cecum. The cecum is the atrium. It pulls all the food that you eat into the beginning of the large bowel.

WINFREY: And the green stuff is the food?

Dr. OZ: The green stuff is the food. Why? Because the bile paints it green.

WINFREY: OK.

Dr. OZ: This is a very important step. First of all, this is where the fluid, and it needs to be fluidy, can continue to get absorbed into your body. If it's too hard, it sticks into these little crevices. You know what this is?

WINFREY: No.

Dr. OZ: That's the appendix.

WINFREY: OK.

Dr. OZ: And you get appendicitis because the stool sticks in there like clay...

WINFREY: OK.

Dr. OZ: ...and can't get out.

WINFREY: OK.

Dr. OZ: And more importantly this is a diverticulae.

WINFREY: OK.

Dr. OZ: It's a small out-pouch. And think of an inner tube. It has a little hole in it.

WINFREY: OK.

Dr. OZ: When your bowel is pushing hard on something that is hard itself, it cracks. And these little out-pouches can kill you...

WINFREY: Really?

Dr. OZ: ...and they cause a lot of pain for a lot of folks especially when they get past age 40.

WINFREY: OK.



MAY 03, 2005
Page 7

Dr. OZ: So let's go on now. This same bolus heads its way up. And as it's being pulled up, guess what happens to it? You suck the water out of it. The more water you suck out of it, the more it begins to look like poop. Now here's why it should look like an S or like a banana. Look at that shape. It form-fits to the rectum and then philph, it lets it out. Now a couple of things that are really important.

WINFREY: I never thought I'd be discussing this on TV. I never thought I would. How often should a person poop?

Dr. OZ: Well, the average person will probably poop once a day. And you know what? If you go once every two days, that's OK, too, as long as you feel OK.

WINFREY: OK.

Dr. OZ: But if you're going once a week, that's not OK.

WINFREY: Once a week, OK.

Dr. OZ: Now these are what you described.

WINFREY: Yeah.

Dr. OZ: They're hemorrhoids.

WINFREY: OK. That's a hemorrhoid?

Dr. OZ: These are hemorrhoids.

WINFREY: There's the hemorrhoid.

Dr. OZ: Now if the stool going by there is like a rock, like cement...

WINFREY: Uh-huh. Little marbles.

Dr. OZ: ...like a brick...

WINFREY: (Singing) Tiny marbles.

Dr. OZ: (Singing) Marbles.

WINFREY: OK. OK.

Dr. OZ: ...if tiny marbles go through there, they tear these and that hurts and they bleed.

WINFREY: Oh, OK.

Dr. OZ: And so it's nothing to be embarrassed about. It's just the reality. And so it's a clue to you.

WINFREY: OK. Today, just for us, Dr. Oz brought along the best motivation



in the world for anybody who has been ignoring his or her colon.

Susan and Maureen, come on up.

Dr. OZ: You can put those on, please. Thank you.

MAUREEN: I'm afraid of doctors.

SUSAN: Yeah, me, too.

WINFREY: You're afraid of doctors?

Dr. OZ: I'm afraid of doctors, too. Now these are colons and small bowels from two people. This is normal. This is what a colon and small bowel looks like normally. This is a small bowel. And if you feel this, it's got thick folds in it.

WINFREY: What's the green stuff?

Dr. OZ: The green stuff, again, is bile. It's material that was being digested. Most of your digestion occurs here. This is a critically important part of your body. It's the most similar to our brain of any other organ.

WINFREY: Your bowel is like your brain?

Dr. OZ: Yes, absolutely. Absolutely.

WINFREY: Yeah.

Dr. OZ: But the thing about the small bowel, it has those primitive messenger, those chemicals that tell the bowel how to work.

WINFREY: OK.

Dr. OZ: If your bowel is not happy, those same chemicals influence your brain. A lot of the discomfort we feel...

WINFREY: Say that again. If your bowel is not happy...

Dr. OZ: Your brain isn't either...

WINFREY: ...your brain isn't either.

Dr. OZ: ...because the chemicals are the same.

WINFREY: That's true...

Dr. OZ: Yep. Now...

WINFREY: ...because your brain's saying, 'You've got to do something for me today. All right. Let's go sit a while.' OK.

Dr. OZ: So if the food goes past here, then it goes through the small bowel



into the colon. I want you just to feel these two, by the way.

WINFREY: OK.

Dr. OZ: If you can just feel those two. You've got to squeeze them. Be a man about this. Here.

WINFREY: Yeah.

Dr. OZ: All right.

WINFREY: What's that on the side there? What's that?

Dr. OZ: This fat is normal.

WINFREY: OK.

Dr. OZ: I actually took off all the fat, but the fat that's on the colon and on the bowel is the most dangerous of all the fats...

WINFREY: Because?

Dr. OZ: ...because the body can get access to it so quickly. You know, the fat on your thighs and your buttocks, that's not dangerous for your health as much as...

WINFREY: Praise the Lord. Praise the Lord.

Dr. OZ: Praise the Lord.

WINFREY: Yea! For that. OK. But...

Dr. OZ: But what is really dangerous is this fat, the big belly fat.

WINFREY: Oh.

Dr. OZ: That's dangerous.

WINFREY: Yeah. Those guys with the big beer bellies. That's really...

Dr. OZ: And women.

WINFREY: And women, too. OK. OK.

Dr. OZ: Now this is a diseased colon. Let me point out a few things that are important. The first is look how big that is.

WINFREY: Oh.

Dr. OZ: Look how big that is.

WINFREY: Compared to this.



MAUREEN: Right.

Dr. OZ: Yeah, this. This.

WINFREY: Oh, this. This. This. This.

Dr. OZ: This, yeah.

WINFREY: Compared to this.

Dr. OZ: So this is big because it's a constipated colon. It couldn't push out the food.

SUSAN: That's my colon!

WINFREY: It couldn't push out the food and so it stretches itself?

Dr. OZ: Exactly.

WINFREY: Yeah.

Dr. OZ: And it starts to make these little holes.

WINFREY: Oh.

Dr. OZ: That's a diverticulae. I pointed that out.

MAUREEN: Right.

Dr. OZ: Those out-pouchings will come back to haunt you.

WINFREY: There's a hole. There's a hole.

MAUREEN: Right.

Dr. OZ: And those out-pouchings become filled with clay, with putty. You can't get it out anymore. And once it's there, it's like a pimple but in your colon...

WINFREY: In your colon.

Dr. OZ: ...and that's painful.

WINFREY: Oh. So according to Dr. Oz, when we ignore our colons, we are asking for trouble. Here's an actual colonoscopy of a patient who got the ultimate wake-up call. Dr. Oz, explain this procedure and walk us through what we're seeing.

Dr. OZ: This is done by a good friend of mine, John La Puma, and he's pulling the colonoscopy device out of the colon and that is a cancer. You see how beautiful, it looks like a tunnel up here?

WINFREY: Yeah.



Dr. OZ: It goes in through the rectum. It's a very quick study. It takes about 12, 15 minutes and can examine everything. And we're looking for this. It is actually the most important way to prevent colon cancer...

WINFREY: Yeah.

Dr. OZ: ...an entirely preventable problem. These kind of polyps can be removed...

WINFREY: I had mine last--two months ago.

Dr. OZ: You did?

WINFREY: And I'm all clean.

Dr. OZ: Perfect.

WINFREY: Not a polyp. I know. That's what it is. Yeah.

Dr. Oz is the co-author of a new book along with anti-age expert Dr. Michael Roizen called "You, the Owner's Manual." It's an insider's guide to the body that will make you healthier and younger.

Coming up, the three things everybody can do today to help themselves in the bathroom, plus the hidden culprit that causes wrinkles. We find out what that is.

(Announcements)

WINFREY: Oh, oh, oh. OK. A lot of poop talk here. Today, we're revealing information that I think you need to know that will make you healthier and younger. World-renowned heart surgeon Dr. Mehmet Oz is sharing the latest ways to turn back the clock on aging.

So what are the millions of people watching who aren't pooping enough have to do...

Dr. OZ: Well, they can...

WINFREY: ...to win their battle in the bathroom, Dr. Oz?

Dr. OZ: The key lessons for pooping right are very simple: fiber and water. You've got to drink about eight glasses of water a day--that's about 64 ounces--and you need to get about 25 grams of fiber. Here's what you...

WINFREY: And she--you're only getting water when you brush your teeth, is that what you said?

MAUREEN: Yeah.

WINFREY: Oh, please.

MAUREEN: To spit.



WINFREY: To spit. OK.

Dr. OZ: The only water she drinks is when she spits, but we want you to drink water all the time. That's what you should have at your desk side. High fiber comes in vegetable form--artichokes, lima beans, soybeans. It also comes in fruit forms, and you can get fruits that have lots of fiber like grapefruit and blackberries and raspberries and you can get fiber from whole grain breads and other solutions like buckwheat and steel-cut oatmeal and this ought to be part of the diet. It's not hard. It tastes good.

WINFREY: Yeah. Steel-cut oatmeal is my favorite thing.

Dr. OZ: I agree.

WINFREY: It's my (kissing in air). Don't you love it? (Kissing in air)
Don't you love it?

Dr. OZ: It's great.

WINFREY: Another big source of fiber comes from a new healthy eating trend that's catching on across America, and I am such a believer in whole grains. I don't believe in the white stuff, but I do believe in whole grains. And I'm a steel-cut fan. Take a look.

(Excerpt from videotape)

WINFREY: You may have already heard about the health benefits of whole wheat bread and oatmeal, but now doctors say new whole grains like spelt, bulgar and quinoa can reduce cholesterol and high blood pressure and even help prevent heart disease, cancer and diabetes. They say that whole grains help flush fat and cholesterol out of your system and provide powerful antioxidants that help you stay healthier, look younger and live longer. The USDA just recently recommended eating at least three servings a day.

Here's a crash course in Whole Grains 101. When it comes to oatmeal, look for steel-cut or Scottish oatmeal. Multigrain bread does not mean whole grain. It's only whole grain if it says whole grain. My favorite is 9 grain bread. Stone ground as in crackers also does not mean whole grain. And wheat products like flour only mean they're made with mostly wheat, not whole grain wheat. Get it?

So if you still aren't sure which of your favorite foods are really made with whole grains, look soon for these stamps on products. They're going to help take out the guesswork.

(End of excerpt)

WINFREY: Yeah, whole grains are going to become what the carb craze has been. And I think whole grains are--I mean, I love them because they're so filling and I've been eating steel-cut oatmeal for years because it's just crunchier, you know?

Dr. OZ: It doesn't have a lot of calories...



WINFREY: Yeah.

Dr. OZ: ...and it drags the food along so it can't become, like, putty until it gets to the very end.

WINFREY: Is that what the whole grains do...

Dr. OZ: Yes.

WINFREY: ...it absorbs the water out of the fib...

Dr. OZ: It's an insoluble fiber. So it pulls water with it and it binds to all the other stuff that you're eating that may not be so good for you and gets the whole bolus moving on.

WINFREY: Really.

Dr. OZ: What you don't want to do is leave the stuff in there for five, 10, 12 days where it can decompose. Oprah, meat. How do you digest meat?

WINFREY: I don't know.

Dr. OZ: It rots in your gut.

WINFREY: No!

Dr. OZ: Yes. That's how you digest it. There's nothing wrong with that. That's the reality. That's...

WINFREY: Oh, you know I know there's nothing wrong with it.

Dr. OZ: ...but...

WINFREY: Eat all the meat you want, people. Yeah.

Dr. OZ: But that's how you digest it.

WINFREY: Yeah, yeah, yeah.

Dr. OZ: So if you have fiber...

WINFREY: Yeah.

Dr. OZ: ...at least with the meat, it will pull it along.

WINFREY: OK. You also say magnesium foods, right?

Dr. OZ: Yes. Foods rich in magnesium are important because it gets your bowel to move better.

WINFREY: OK.

Dr. OZ: And good examples are beets, raisins, dates, soybeans. These are



foods that your mom told you to eat and guess what? The easy part of this message is all of these foods come out of the ground looking the way they look when you eat them. That's the only thing you have to remember. Does it look the way it looked when it came out of the ground when I eat it?

WINFREY: Really? Because the process thing means it looks like something and then became something else.

Dr. OZ: Yeah, there are no white bread plants.

WINFREY: Yeah. Also a magnesium supplement, does that work for you?

Dr. OZ: Absolutely. You can usually take about 400 milligrams of magnesium.

WINFREY: If you are--you know, like, your gyne always says that you need--if you get older, as you get older as a female, you need more calcium and I was given calcium tablets but I stopped taking them because of the constipation thing.

Dr. OZ: Well, that's a great insight to your body 'cause you listen.

WINFREY: So I try to make sure I get enough calcium from my foods.

Dr. OZ: And/or add magnesium to the calcium. I never give calcium by itself.

WINFREY: Really?

Dr. OZ: Combine them together. They work better together.

WINFREY: OK. Dr. Oz says this next critical information can save your life. The most important number anybody ever needs to know is not your cholesterol or even your weight even though we're so focused on the weight number. What is it?

Dr. OZ: It's your blood pressure hands over heels. It's absolutely the most important number.

WINFREY: Really. OK. So what's a good blood pressure?

Dr. OZ: The number you ought to have is 115 over 75. And if you're more than that, that actually is hurting your body.

WINFREY: Really. So 120 over 80, which was last year's number...

Dr. OZ: Well, 120 over 80 is close enough that you may spend a lot of time down below, but many people who are 120 over 80 spend a lot of their life at 135 over 80, and that's not good.

WINFREY: That's not good. OK. And what happens--explain why that number is so important?

Dr. OZ: What's so devastating about the number is that blood pressure is



like the water coming out of your faucet.

WINFREY: Water coming out of your faucet.

Dr. OZ: Yes.

WINFREY: OK.

Dr. OZ: It comes under high pressure and you can see it.

WINFREY: Yeah.

Dr. OZ: But the body doesn't have tubing like a faucet. It has reactive tubing, especially women. Those tubes get smaller and bigger. If you're under stress, they spasm down. That drives the pressure up.

WINFREY: Correct.

Dr. OZ: So your blood pressure is going up and down all the time. If it's normally going up and down around a high number, it damages the artery. It turns the artery into a steel pipe instead of a nice Cappellini...

WINFREY: OK.

Dr. OZ: ...soft...

WINFREY: OK. Yeah. Yeah. OK. And so high blood pressure causes stroke and heart disease.

Dr. OZ: Heart disease.

WINFREY: And...

Dr. OZ: And it actually wrinkles your skin...

WINFREY: Yeah.

Dr. OZ: ...crazy as that sounds, and it actually can lead to impotence and it can cause dysfunctional orgasms. It can actually hurt sex drive.

WINFREY: Well, let's get that pressure down. Let's get that pressure down, people!

Just before the show, we tested the blood pressure of the 300 people in our audience. Our friends at Northwestern Memorial Hospital in Chicago sent over .RES ill*
15 of their top nurses to help us out.

OK. So where's Ruth C. Ruth C., we have your results, OK? You want to tell her what it is?

Dr. OZ: Well, your blood pressure is 250/120. Now that's a number that scares me and it ought to scare you. The scarier point, however, is that



there are many, many Americans watching this show who have that exact same blood pressure. Your family gave you genes that make those tubes spasm, using that sink analogy we had before. And we're going to have to find a way of relaxing it more because at that blood pressure, people have strokes even if they're perfectly healthy and they have heart attacks even if their arteries are perfectly happy. And your heart will have to get thicker and thicker in order to push against that high pressure. All of those will shorten your life expectancy.

WINFREY: OK. Dr. Oz has brought along two organs to show us the dramatic effects of high blood pressure. What are we seeing here?

Dr. OZ: Well, this is a normal aorta. This is what an aorta should look like. And if you feel this, it's rubbery, it's flexible, it has that ability to open and close in response to stress and kind of bends.

WINFREY: Boy, the body is amazing. It just makes all kinds of little things.

Dr. OZ: And look at these. Aren't--these are beautiful, plump, lima bean shaped kidneys, which is what they're supposed to look like.

WINFREY: OK.

Dr. OZ: Now these kidneys are gnarled, beaten up, chewed up.

WINFREY: Yeah.

Dr. OZ: This kidney has been damaged by years of high blood pressure and it's the chicken or the egg because once it's damaged, it will also cause high blood pressure. So it feeds back. And look what happened to the aorta. Look how it got crunchy. These are aorta chips.

WINFREY: Aorta chips.

Dr. OZ: And this aorta has been damaged.

WINFREY: Sort of like tiny marbles. Yeah.

Dr. OZ: So these are--and very graphic. Again, we promised that we would not dumb it down, but it is simple. This is bad. That's good. We want to be away from this.

WINFREY: And that's what having high blood pressure does among other things, damages your kidneys, and that's why a lot of people end up needing kidney transplants or needing...

Dr. OZ: Dialysis.

WINFREY: Dialysis.

Dr. OZ: Now look at--one other thing is both of these came from the same aged patient.



WINFREY: Really.

Dr. OZ: Yeah.

WINFREY: What is that age?

Dr. OZ: This mid-50s.

WINFREY: Mid-50s.

Dr. OZ: Look at this. Someone who's living their life reasonably well has a whole different life expectancy except for some other catastrophe...

WINFREY: Yeah.

Dr. OZ: ...than this person.

WINFREY: Yeah. So what are the best foods to fight high blood pressure?

Dr. OZ: Well, the best foods are ones that have potassium in them and these include bananas, include avocados, peaches, watermelon and baked potatoes with the skin on it.

WINFREY: Yeah.

Dr. OZ: Now these are food that have the ability to reduce blood pressure.

WINFREY: OK. Coming up next, three things that can reduce your risk of cancer up to 50 percent. We'll be back to hear that.

(Announcements)

WINFREY: So I was just asking Dr. Oz meat has to rot in your system before you can digest it--she had prime ribs on...

Dr. OZ: It's not even so much a matter of when you digest it. That's how long it takes and that's how the body processes it. And that's how any carnivore processes meat. That's how come they don't have to eat all the time, but we're worried about that because you don't want stuff hanging around your bowel for a week.

MAUREEN: Right.

Dr. OZ: It doesn't sound good. You wouldn't do it in your kitchen. You don't want it happening in your bowels.

MAUREEN: OK.

WINFREY: OK. Are you getting old too fast? Dr. Oz says the number one reason people get old and sick before their time is because of their choices, not their genes. He says that 70 percent to 80 percent of how fast your body will age is absolutely in your hands. Really?



Dr. OZ: Absolutely. There's no question about it. You have the ability to control your health destiny. Not a hundred percent but three-quarters of the odds that you're going to live a nice, healthy, long and fun life are in your hands.

WINFREY: OK. According to Dr. Oz, chances are that out of the 300 people in this audience, 90 percent have cancer--90?...

Dr. OZ: Well...

WINFREY: ...and don't even know it. Really?

Dr. OZ: We think of cancer as a process that either you have or you don't have.

WINFREY: Yeah.

Dr. OZ: The fact is cancers happen when cells are born deformed. And because of that, you have to have ready-made mechanisms to cleanse your system. So you are preventing and killing cancer cells all the time.

WINFREY: Oh, boy, that is great information, Dr. Oz. Don't you think that? We're all living with the 90 percent. I hope I'm--90.

Dr. OZ: The next best thing to medical school.

WINFREY: OK.

Dr. OZ: Yes.

WINFREY: Dr. Oz brought along some animation to show us how cancer spreads inside our bodies. Tell us what we're watching.

Dr. OZ: Cancer cells are sociopathic cells. They don't get along with everybody else. They squish them and push them and edge their way into places they shouldn't be because they don't pick up the feedback that they're not wanted. Then they get hungry. They suck blood supply in from surrounding areas. That's how we're going to cure cancer, by the way, is to prevent this blood from getting there. And once it's well-fed, they spread, and they spread to areas where there's lots of blood. And we've got a couple examples of those areas today.

WINFREY: OK. Tell me. That was animated cancer. Now let's see what the real thing looks like. What do you have?

Dr. OZ: Well, this is a normal liver...

WINFREY: Liver. Yeah, yeah, yeah.

Dr. OZ: ...and not a normal liver. And these nodules here are cancers. And we can pretty much guess that this cancer did not start in the liver but spread to the liver. And the reason for that is because there are many little foci. They flew off like our animation showed and embedded themselves in the



liver 'cause a lot of blood goes to the liver.

WINFREY: OK. So this is a cancer that started somewhere else and spread to the liver.

Dr. OZ: Exactly.

WINFREY: OK.

Dr. OZ: This is a lung. And the lung--I've cut through the middle portion--has a large mass in it and that's cancer as well. And you can feel this. Feel that. I mean, feel the normal and feel the abnormal.

WINFREY: What is the normal?

Dr. OZ: This is normal.

WINFREY: That's normal.

Dr. OZ: Yeah. This is normal, too.

WINFREY: OK. That's soft and cushy.

Dr. OZ: It's soft and cushy. It's like a sponge...

WINFREY: Yeah.

Dr. OZ: ...that got a little wet.

WINFREY: And this is hard.

Dr. OZ: It's like marbles again.

WINFREY: Like marbles.

Dr. OZ: Big marbles, not so fun marbles.

WINFREY: OK. Dr. Oz says that there are three simple things you can take to reduce your chances of getting cancer by up to 50 percent. We want to know what that is.

Dr. OZ: Those are, first of all, just to emphasize that 50 percent is a big number.

WINFREY: Fifty's huge!

Dr. OZ: But we have solid data--now I didn't make it. It's in the literature, but we've got to popularize it. The first is folate. You can take it as a supplement or as a food--orange juice, spinach. Pretty much any leafy green vegetable has folic acid or folate and that fights cancer. Number two is vitamin D. Now Vitamin D is found in non-fat milk, which is what you should eat, not full-fat milk--or drink. Orange juice. And you can, of



course, take supplements, and African Americans, because of the slight skin difference in color...

WINFREY: Yeah. Yeah. Yeah.

Dr. OZ: ...that's like SPF 500.

WINFREY: Really.

Dr. OZ: And you get vitamin D from the sun.

WINFREY: Right.

Dr. OZ: So especially if you live in northern latitudes, you're not getting enough vitamin D unless you take supplements. And the last...

WINFREY: If you're an African American.

Dr. OZ: Especially if you're an African American.

WINFREY: You're not getting enough vitamin D.

Dr. OZ: No. And the last one--and this is a magic pill and it's cheap and easy to take is aspirin...

WINFREY: Yeah.

Dr. OZ: ...not for your heart but because aspirin can help prevent cancer.

WINFREY: So is it aspirin or baby aspirin?

Dr. OZ: It's two baby aspirin.

WINFREY: OK.

Dr. OZ: Two baby aspirin.

WINFREY: Now isn't that supposed to also help your heart?

Dr. OZ: It does help your heart as well. Aspirin has many, many helping elements. It helps your skin. It helps about anything you can imagine. It has some potential risks if people have sensitive stomachs, but for cancer, you've got to be on it.

WINFREY: That is amazing! Got that? What else can we do to reduce our risk?

Dr. OZ: One of the reasons that we focus on things like tomatoes and tomato sauce...

WINFREY: Yeah.

Dr. OZ: ...is because they're profoundly important in helping you in a normal part of your life.



WINFREY: OK.

Dr. OZ: In addition to tomato products are cruciferous vegetables like broccoli. These are things your mom told you to take, cabbage, Brussels sprouts, cauliflower.

WINFREY: Oh, yeah. I'm feeling pretty good about myself 'cause I eat all this stuff. I'm an artichoke, broccoli, spinach. Really, I am Miss Health-O-Rama. Miss Health-O-Rama. OK. So this is the question. Is coffee good or bad for us?

Dr. OZ: Here's the answer. Coffee is good for you.

WINFREY: Coffee is good?

Dr. OZ: Now let me be very precise. There used to be a substitute that was used...

WINFREY: Yea, Starbucks! How could--and it's good for us?
.RES bus*

Dr. OZ: Coffee actually has been shown to reduce liver cancer. It's also been shown to be effective in Alzheimer's and Parkinson's disease. So there are a bunch of different places where coffee can play a role. The reason it got a bit of a bad name is because it does have side effects.

WINFREY: Like?

Dr. OZ: For example, migraine headaches, in my specialty of the heart, palpitations, so it can cause some side effects, but if you're not having them, coffee is reasonable. And we often say 24 ounces is a rational number. It's a drug.

WINFREY: It's a drug.

Dr. OZ: Caffeine's a drug. So just beware of that, and you can get withdrawal from it. But 24 ounces of coffee is a very reasonable thing to drink every day.

WINFREY: Coming up, will you know if a heart attack is coming? What President Clinton wants you to know.

(Announcements)

WINFREY: Another little hint Dr. Oz just told me. You know, coffee is good for caca. It makes you have--haven't you had, like, a strong cup of coffee and you immediately wanted to go caca? That's very good for poop.

MAUREEN: Poop emergency.

WINFREY: Very good. You could use it for tiny marbles. Dr. Oz, co-author of "You, the Owner's Manual," is on the New York Presbyterian Hospital team that operated on President Clinton during his recent quadruple bypass



operation. And recently the president told us about his life-altering health crisis. Let's take a look.

(Excerpt from videotape)

WINFREY: While in office, President Clinton underwent daily health screenings, but the tests never showed he was on the verge of a major heart attack.

Former President BILL CLINTON: When I got out of the White House, I began to have some tightness in my chest, when I was vigorously exercising, but whenever I slowed down, it always went away. So I thought, 'Well, I'm just really exhausted.' I didn't really think I would have a heart problem, because I was not terribly overweight and I was in better shape than most people my age. On the other hand, I also had years and years and years of eating a high-fat diet. Even when I was dieting, I didn't also maintain uniformly high levels of exercise.

WINFREY: After a short business trip, President Clinton had a frightening wake-up call.

Mr. CLINTON: As I got off the plane, I had a tightness in my chest unrelated to exercise that was a dead giveaway that something was wrong, and so I went in the next day for the angiogram. I had four blockages. Two were over 90 percent. Two were over 70 percent. Had I not listened to my body, I probably wouldn't be doing this interview today.

WINFREY: After two heart surgeries, President Clinton says he's made drastic changes in his life.

Mr. CLINTON: I'm much more careful about what I eat, and I have resumed a vigorous exercise program. I'm convinced that if it hadn't been for the fact that I was in pretty good shape, I might not have survived it.

WINFREY: And what heartfelt words does he have for his doctors?

Mr. CLINTON: My main message to my doctors is thanks because they saved my life and I'm profoundly grateful to them. And all of those who were on the team, they were unbelievable.

(End of excerpt)

WINFREY: So you were on that team.

Dr. OZ: Well, my partner, Dr. Smith, was the lead surgeon...

WINFREY: Yeah.

Dr. OZ: ...and the president has done well. But he's got some important messages for us. One of them is he picked up on his problems and he pushed for them to be cured. Second, he didn't take his medications the way they were prescribed. He thought he was better, so he stopped taking them. Fifty percent of Americans don't take their medications the way they need to. Fifty



percent.

WINFREY: Well, he was on medication before this happened.

Dr. OZ: Yes, and his cholesterol numbers got better, so he figured, 'You know, I don't need to take them anymore.' And the last lesson is that he's the president of the United States, and he's as well tested as you can be and that takeaway point is you cannot test for safety. You've got to live to be safe. As clean as your arteries are--and his were three months before this problem--they can become problematic if you're not taking the proactive healthy-living steps that we're talking about.

WINFREY: OK. And so what's the best test to see if your arteries are clear or not?

Dr. OZ: Some of the new CT scanners can give you images of the heart .RES health arteries that are quite clean, but the best test are functional tests. Exercise every day the same amount roughly or every week the same amount and then figure out if you change from the norm. It's the difference from what used to be normal that can alert you that you've got a problem.

WINFREY: OK. What should we do to make our heart stronger?

Dr. OZ: There are some clear food guidelines, foods like garlic, onions, which have...

WINFREY: Walnuts. Oh, boy, I eat, like, walnuts. Salmon. There's my salmon. I call it sammy.

Dr. OZ: Absolutely.

WINFREY: I eat so much of it, it's a friend.

Dr. OZ: That's right.

WINFREY: I have sammy, sammy for lunch again. OK.

Dr. OZ: First-name basis.

WINFREY: Yeah.

Dr. OZ: The great thing about walnuts by the way and hazelnuts, they have omega-3 fatty acids. And here's the big trip. Put them in your refrigerator because any fat can become rancid.

WINFREY: Oh, really.

Dr. OZ: It can get oxidized. So keep the nuts in your refrigerator at work. And when you feel a little hungry, just grab a couple. It'll make you feel less hungry...

WINFREY: Yeah. Yeah.



MAY 03, 2005
Page 24

Dr. OZ: ...and it's good for you. Almonds are also good.

WINFREY: I see red wine, too. So a little red wine?

Dr. OZ: Red wine has a chemical called in it called resveratol which is a very strong anti-oxidant, and that's also shown to be heart healthy.

WINFREY: Yeah. Why is red wine better than white?

Dr. OZ: Because the red wine has the material from the skins of the grapes. That's the resveratol. The white wine has that skin stripped away. If you're going to take wine and you're going to take the hit on calories, drink red wine.

WINFREY: Thank you.

Coming up, what you should eat and drink every single day to stay young and healthy. We'll be right back.

(Announcements)

WINFREY: OK. We're now joined by Dr. Michael Roizen. His anti-aging research has made international headlines. He and Dr. Oz co-authored the new book, "You, the Owner's Manual."

Dr. Roizen, we want to know what foods we should be eating every single day.

Dr. MICHAEL ROIZEN ("You, the Owner's Manual"): You want to eat a handful of nuts every day...

WINFREY: That's right.

Dr. ROIZEN: ...and walnuts and almonds are excellent.

WINFREY: Got it.

Dr. ROIZEN: You want to eat five handfuls of fruits and vegetables every day.

WINFREY: Five handfuls.

Dr. ROIZEN: So this is five handfuls.

WINFREY: OK.

Dr. ROIZEN: Then you want some whole grains...

WINFREY: Yeah.

Dr. ROIZEN: ...and some whole grain cereal.

WINFREY: And don't make the mistake of whole wheat being whole grain 'cause there is a difference, correct?



Dr. ROIZEN: Absolutely.

WINFREY: That's right. It should say whole grain.

Dr. ROIZEN: And then as we move on, things we should have, if you will, three times a week, are fish.

WINFREY: This is--yeah, I'm confused about fish. That's why I stick with sammy, sammy the salmon.

Dr. ROIZEN: And sammy is here and it's a great...

WINFREY: Yeah...

Dr. ROIZEN: ...and you want line caught...

WINFREY: ...because there was this whole thing about mercury in the fish. And I don't know which has the mercury and which one doesn't. Aren't you confused? We're so confused. Help us.

Dr. ROIZEN: Well, these are the great fish to have.

WINFREY: OK.

Dr. ROIZEN: OK. So it's tilapia...

WINFREY: Tilapia.

Dr. ROIZEN: ...salmon...

WINFREY: Salmon.

Dr. ROIZEN: ...flounder or cod and mahimahi.
.RES dictionary

WINFREY: OK. Good.

Dr. ROIZEN: So those are the fish that have none of the toxic chemicals, none of the PCBs and very low content of mercury.

WINFREY: OK. And we eat this how often? Three times a week?

Dr. ROIZEN: Three times a week.

WINFREY: Three times a week. Good. I do.

Dr. ROIZEN: And...

WINFREY: I do. Yeah. Sammy is my friend. I'm having sammy for lunch. OK.

Dr. ROIZEN: OK. Tomatoes are very good.

WINFREY: Love them.



MAY 03, 2005
Page 26

Dr. ROIZEN: Now they decrease cancer and they decrease arterial aging, heart disease, stroke, memory loss, impotence, wrinkling of the skin. You know, we think a small town should be named after aspirin...

WINFREY: Really?

Dr. ROIZEN: ...it's that important...

WINFREY: Really?

Dr. ROIZEN: ...you know, 162 1/2 milligrams. But a whole country should be named after tomatoes...

WINFREY: Really?

Dr. ROIZEN: ...because...

WINFREY: They're that good...

Dr. ROIZEN: They're that good.

WINFREY: ...for you.

Dr. ROIZEN: And you want cooked tomatoes.

WINFREY: Cooked tomatoes.

Dr. ROIZEN: Raw tomatoes. It takes 165 raw tomatoes to equal 10 tablespoons of tomato sauce. So it's much easier to have tomato sauce.

WINFREY: OK. No. And should you do it yourself, or is it the kind you buy in the can? Is that as good for you as what you...

Dr. ROIZEN: Any kind you want as long as it's cooked, and you want to eat it with a little olive oil or a little healthy fat because it's much better absorbed with it. So...

WINFREY: Yes! So you do this, and you have a little wine with it.

Dr. ROIZEN: Perfect.

WINFREY: OK. Perfect.

Coming up, what should we drink every day, and it's not just water. Plus, are you confused by vitamins? I am. Next, what the doctors are prescribing. I'm so confused about vitamins. Yeah. Be right back.

(Announcements)

WINFREY: So we're talking about ways to stay younger. Can't wait till the after show for that poop discussion. We're talking about ways to look better and feel healthier. Anti-aging expert Dr. Michael Roizen is here.



We want to know what we should drink. We heard eight glasses of water because it moves the poop.

Dr. ROIZEN: And it helps move the poop and gives you better hydration. It actually cuts down on wrinkles, too, 'cause you hydrate your skin when you take this internally.

WINFREY: Yeah. And there is a reason for drinking--'cause there was some study out I heard that said you didn't have to drink eight glasses, but you should.

Dr. ROIZEN: You want eight glasses of fluid, yes.

WINFREY: OK. OK. OK. And what else? What else should we be drinking?

Dr. ROIZEN: And, obviously, the glass of red wine for...

WINFREY: Yes! Yeah.

Dr. ROIZEN: ...and then skim milk or milk substitute.

WINFREY: OK.

Dr. ROIZEN: You need the vitamin D and the calcium that it gets so you can get...

WINFREY: I thought I was going to take it in a little pill.

Dr. ROIZEN: Well, you can get it in fortified orange juice or you can get it in a vitamin pill.

WINFREY: OK.

Dr. ROIZEN: Now you told us you stopped taking the vitamins and the calcium.

WINFREY: I stopped everything.

Dr. ROIZEN: Right. But it's very important. There are two vitamins that really are as good as tomatoes and should have a country named after them.

WINFREY: OK.

Dr. ROIZEN: They're folate...

WINFREY: Yeah.

Dr. ROIZEN: ...decreases arterial aging, decreases blood pressure and decreases cancer rates. Remember, 50 percent...

WINFREY: Will it say folate on the thing? It's going to say...

Dr. ROIZEN: Yes, it says either folate or folic acid. They're the same.



WINFREY: OK.

Dr. ROIZEN: OK. And you want 800, 8-0-0, micrograms a day. And then vitamin D, you want 400 international units a day. Those two together...

WINFREY: Four hundred.

Dr. ROIZEN: ...decrease cancer rates substantially.

WINFREY: OK. I just couldn't take one whole multivitamin and be done with it?

Dr. ROIZEN: You can...

WINFREY: OK.

Dr. ROIZEN: ...OK?--and this is a great multivitamin, because it has the right amounts of folate and vitamin D in it.

WINFREY: OK.

Dr. ROIZEN: Now there's one complexity.

WINFREY: So if I take this, I don't need the folate and the vitamin D.

Dr. ROIZEN: Separately.

WINFREY: OK.

Dr. ROIZEN: Now there is one co...

WINFREY: I'm just trying to get myself straight. You all worry about yourselves. I'm just trying to get the thing straight. OK.

Dr. ROIZEN: Now really the other thing you want to take, which you told us you weren't...

WINFREY: Yeah.

Dr. ROIZEN: ...was calcium and magnesium.

WINFREY: Yeah.

Dr. ROIZEN: So if...

WINFREY: I said I stopped the calcium because it was making tiny marbles.

Dr. ROIZEN: Right. And so what you want to do is add the magnesium to the calcium...

WINFREY: OK.

Dr. ROIZEN: ...to make sure...



WINFREY: Which that is not in here.

Dr. ROIZEN: Not enough.

WINFREY: It's not enough. OK.

Dr. ROIZEN: OK.

WINFREY: And I need to take the calcium separate from this or is there enough calcium in here?

Dr. ROIZEN: Well, you don't absorb more than 600 at once.

WINFREY: OK.

Dr. ROIZEN: So since women need 1,200 milligrams, you should take it at least six hours apart from this.

WINFREY: OK. OK. Because really I can't have a lot of pills. You know, you go out to dinner with people, and they've got their little pill packet and they're sitting there taking that. It's very confusing. Very confusing. But everybody needs folate and everybody needs D. If you're African American, you really need D...

Dr. ROIZEN: Exactly.

WINFREY: ...OK?--'cause we don't have what it takes to...

Dr. ROIZEN: Well, you've got an SPF 500 on your skin.

WINFREY: That's right. Yes, baby.

Dr. ROIZEN: It keeps the wrinkles away but it...

WINFREY: It keeps the wrinkles away--yeah--but it also keeps you from absorbing the sun's rays.

Dr. ROIZEN: It allows--right.

WINFREY: OK. Coming up, three letters to remember that can make your skin look years younger. We'll be back.

(Announcements)

WINFREY: We're talking about ways to look better and feel healthier. Anti-aging expert Dr. Michael Roizen is here.

Moving on to the skin, what are the three letters everybody should know?

Dr. ROIZEN: They're alpha hydroxy acid, AHA.

WINFREY: OK.



Dr. ROIZEN: So glycolic alpha hydroxy acid doesn't cost very much...

WINFREY: Yeah.

Dr. ROIZEN: ...but it fools your skin into thinking it needs to rejuvenate itself and so it produces new skin which makes you look younger.

WINFREY: It does?

Dr. ROIZEN: So that's the great--now there's one other trick. Remember...

WINFREY: It really does?

Dr. ROIZEN: It really does. There are three other letters.

WINFREY: Yeah.

Dr. ROIZEN: Doctors know of aspirin as ASA...

WINFREY: Yeah.

Dr. ROIZEN: ...acetic salicylic acid. So if you don't get AHA or even if you do, you should take that two baby aspirin a day, because they stop inflammation in your skin which means you look younger. Inflammation is the largest cause of wrinkling of the skin, so aspirin and AHA.

WINFREY: And AHA is in the products that we buy...

Dr. ROIZEN: Correct.

WINFREY: ...Right?--and it will say that, right?

Dr. ROIZEN: It says alpha hydroxy acid. Right.

WINFREY: Yeah. I didn't know if that was really true or not. So is all that other skin stuff a myth?

Dr. ROIZEN: Well, it does smell nice...

WINFREY: Yeah.

Dr. ROIZEN: ...and it does represent a transfer of money from your wallet to theirs...

WINFREY: Yeah.

Dr. ROIZEN: ...but it doesn't do much else.

WINFREY: OK. That is very good to know. Thank you. We'll be right back. Right back.

(Announcements)



MAY 03, 2005
Page 31

WINFREY: Dr. Oz and Dr. Roizen. Dr. Oz's show on the Discovery Health Channel is called "Lifeline with Dr. Oz." I thank you again, Dr. Roizen.

Dr. ROIZEN: Thank you.

WINFREY: Thank you so much. Their new book is "You, the Owner's Manual." Thank you, everybody. We'll continue this discussion and answer all of your biggest questions on our after show on Oxygen.