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DR MAHATHIR GOOD EXAMPLE OF HEALTHY LIVING, SAYS HEALTH GURU

KUALA LUMPUR, June 10 (Bernama) -- Prime Minister Datuk Seri Dr Mahathir Mohamad has been singled out as an example of one whose active lifestyle is attributed to a healthy diet that includes vitamin pills and abstinence from cigarettes.

This praiseworthy assessment of Dr Mahathir came from Dr Robert Goldman, chairman of the American Academy of Anti-Ageing Medicine.

"Malaysia cannot afford to be a nation of nursing homes. The country will benefit greatly from a very healthy group of elderly people who continue to contribute to society."

"There is perhaps, no better example of a highly productive senior citizen than Dr Mahathir," he said in an address to members of the Society of Anti-Ageing Medicine at a seminar here recently.

In a statement released today by the seminar organiser, Dr Goldman said at the age of 76, the Prime Minister still conducted a daily diary that would severely challenge many Malaysians half his age.

Dr Goldman said during the prime minister's trip to Seoul recently, Dr Mahathir was queried on his still youthful appearance despite a hectic schedule, and the Prime Minister replied that it was due to a diet that included vitamin pills, a healthy lifestyle and abstinence from cigarettes.

Dr Goldman, 46, is clinical Assistant Professor of Medicine at Oklahoma State University, United States, and is listed in the Guinness Book of Records for having completed 13,500 consecutive sit-ups and 321 headstand push-ups.

-- BERNAMA

SR AZZ ANA