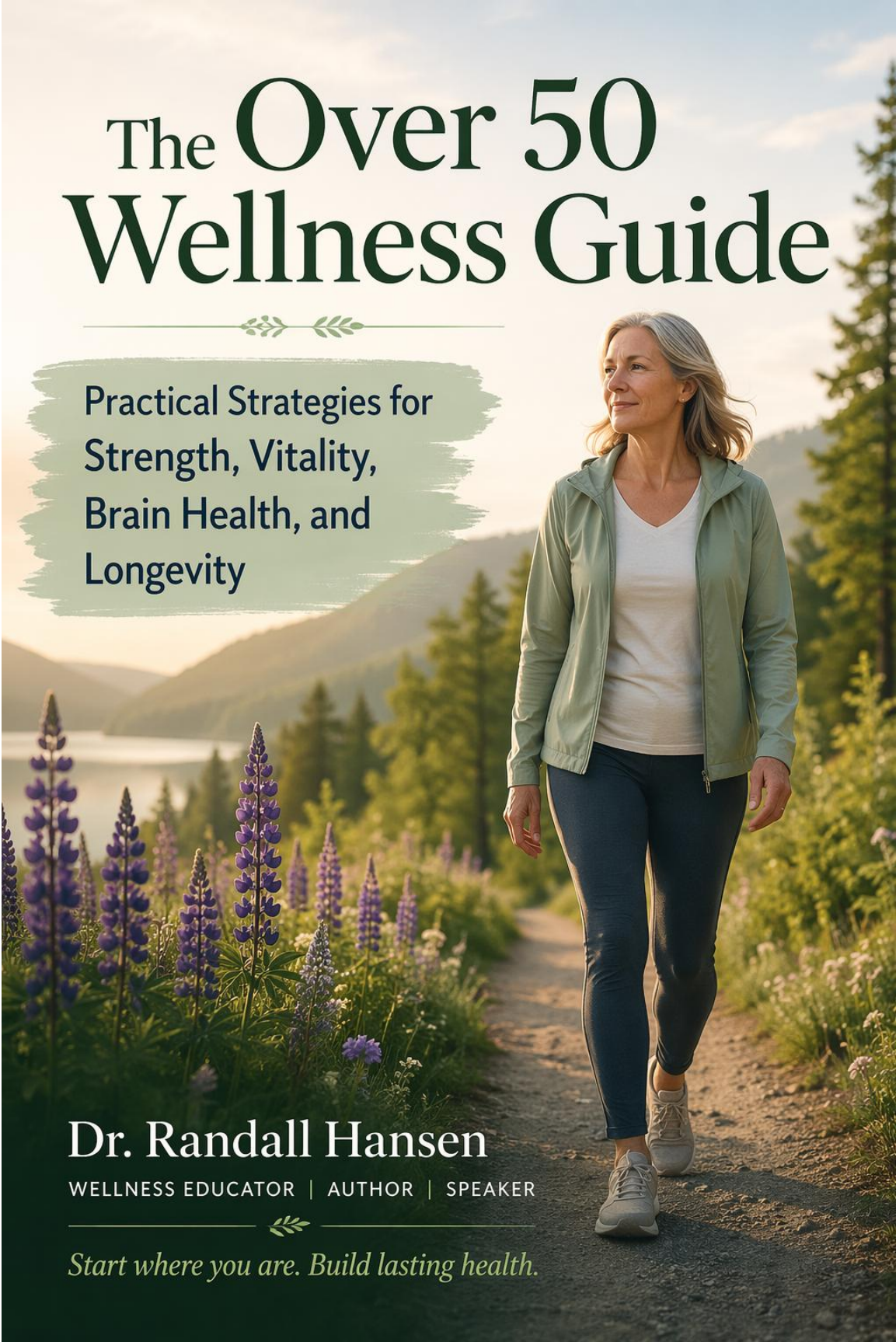


The Over 50 Wellness Guide

A woman with blonde hair, wearing a light green jacket over a white top and dark blue leggings, is walking on a dirt path. The path is lined with tall purple lupine flowers. In the background, there are green trees and a body of water under a soft, hazy sky.

Practical Strategies for
Strength, Vitality,
Brain Health, and
Longevity

Dr. Randall Hansen

WELLNESS EDUCATOR | AUTHOR | SPEAKER

Start where you are. Build lasting health.

The Over 50 Wellness Guide

***Practical Strategies for Strength,
Vitality, Brain Health, and Longevity***

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Practical Strategies for Strength, Vitality, Brain Health, and Longevity

EmpoweringSites.com

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Preface

This guide is not meant to be followed all at once.

Start with:

- ✓ One section that feels most relevant;
- ✓ One small habit;
- ✓ One step forward.

Progress – not perfection – is the goal.

Start Here (Don't Overwhelm Yourself)

- Choose one section that feels most relevant
- Pick one habit to begin
- Focus on consistency, not perfection

Author's Note

I don't know where you are in your wellness journey, but I'd like to share a few thoughts with you.

First, it's never too late to begin.

Second, this is a journey, not something that can be fixed overnight.

Third, be good to yourself along the way; change can be difficult.

Let me briefly share part of my own journey. I was in my early 40s when I had my "wake-up" call, and I hope to do the same for you now with this guide.

I was struggling with work and family stress, as well as past trauma, and it became quite easy to eat convenient comfort food and beverages that made me feel happy – like, at least my whole world was not horrible.

So I get it. When life is such a struggle, we have been conditioned to reach for things that comfort us, even when we know they may not be the healthiest options.

I don't exactly know my highest weight, but I can tell you I went from a large dress shirt to an extra-large and was heading to double-XL when I took a hard look and decided I had to change. And my bloodwork reflected that reality, especially the high triglyceride levels.

This is when my wellness research began, as well as my health journey. I quit all refined sugars, then all refined carbs. I purged my pantry of all the unhealthy stuff. I started riding my bike to work every day. I lost all the weight I had gained (and then some) over the next few months.

I've been something of a health crusader for almost 25 years now because of my strong desire to help others understand all the obstacles we face when focusing on becoming healthier.

Then about 15 years ago, with my past trauma wounds catching up with me and my world swirling around me, I became a healing researcher – so I could heal myself. I realized I needed a healing journey, and spent many years deep in the forest I owned, returning to health at the same time as I was regaining my mental health.

About 8 years ago, I also explored plant-based psychedelic healing approaches as part of deeper research and my healing work.

My point is this: choosing to pursue wellness – choosing to work on your health and healing – is deeply personal. It's your decision, based on where you are right now.

My goal is not to guilt or push you, but to encourage and empower you. To show you what's possible: a life that is healthier, more peaceful, more joyful, and more fully aligned with who you are meant to be.

And if you're ready, start small... with one step at a time.

Introduction

This is your complete wellness guide to building a solid, real foundation for health and supporting a long healthspan, especially for people aged 50 and above. It draws on decades of research, practical application, and real-world healing experiences.

People say age is just a number, and that's true from a mindset perspective, but physically, aging is a reality... and a natural process. After 50, the body undergoes significant biological, hormonal, and metabolic changes that make healthspan and wellness strategies especially critical.

For those of us aged 50 and above, it becomes increasingly important to focus on physical health, mental well-being, spiritual wellness, and sustainable habits. This is not about longevity hacks or expensive technology or trendy advice. The approaches described in this article are grounded in research and prioritize realistic, long-term benefits.

Wherever you are in your health journey, you can start with these strategies TODAY.

If you feel great today, why should you keep reading? Because our systems slowly start breaking down as we age, and while you may feel great today, it is vital to start building in wellness support so that you can continue to feel great.

We'll start by looking at the key health factors for people aged 50+ and then discuss the wellness strategies to incorporate to build and sustain health and wellness, walking step-by-step through the most important areas to focus on for your wellness.

But before you read further, take a deep breath. There is a lot of information in this article, and you don't need to do all of this at once. In fact, the goal is not perfection... it's progress. Start with one or two strategies that resonate with you, and build from there.

Finally, remember true wellness comes from the complete (and whole) healing of your body, mind, and spirit... and this guide will lead you down that path, at your own pace.

Some Health Factors for People 50+

Here are the top five health factors that have the biggest impact on healthspan, quality of life, and disease prevention for people aged 50 and older, based on scientific research, clinical guidelines, and population studies:

1. **Metabolic Health.** About 25 percent of adults 65+ have diabetes, and more than half have prediabetes. Poor metabolic health increases risk of: Heart disease (2–4 times higher risk), Alzheimer’s (diabetes doubles the risk), Fatty Liver Disease (3–4 times higher risk), and Cancer (especially liver, pancreas, and breast).
2. **Inflammation and Immune Health.** Chronic inflammation (“inflammaging”) is linked to heart disease, diabetes, Alzheimer’s, and cancer, while a weakened immune system leads to higher infection risks. After 50, the immune system becomes less efficient, increasing vulnerability to illness and autoimmune diseases.
3. **Cardiovascular Health.** Heart disease is the top killer of adults 50+, accounting for 1 in 4 deaths in this age group. Poor heart health also increases the risk of stroke, dementia, and kidney disease.
4. **Muscle Mass and Strength.** Adults lose 3–8 percent of muscle mass per decade after 50, accelerating to 1–2% per year after 60. Men start with more muscle, but both genders experience accelerated loss after age 50. Women’s hormonal shifts during menopause amplify muscle loss. The goal here is preventing sarcopenia.
5. **Brain Health and Cognitive Reserve.** About 1 in 9 adults aged 65+ has Alzheimer’s disease, and 1 in 3 will develop dementia by 85. Cognitive decline accelerates after 50, but making healthy diet and lifestyle changes can delay it by many years.

Recommended Reading

- [Metabolic Health and Metabolic Syndrome](#). About 90 percent of Americans have metabolic health issues, which can lead to Metabolic Syndrome and a host of serious chronic health illnesses and premature death.
- [What Is Metabolic Flexibility? Why It Matters for Energy, Weight, and Health, and How to Obtain It](#). In seeking wellness, we need metabolic flexibility, the hallmark of good health, which allows the body to switch between burning fat and burning carbohydrates easily.

- [Chronic Inflammation: Why It's Imperative to Act. Are you chronically inflamed?](#) Chronic inflammation is a hidden disease that simmers in your body, often unknowingly.
- [Don't Want a Heart Attack? Fix These Five Things](#). Many heart attacks are preventable, yet the conventional wisdom of lowering cholesterol while ignoring other factors is outdated and incorrect.
- [Is Exercise a Four-Letter Word to You?](#) Learn how easy it is to exercise and move, and why exercising is so life-enriching.
- [How's Your Brain Fitness? 10 Exercise Tips for a Healthy and Fit Brain](#). Everyone knows about the importance of exercise for the body, but it's also true for a healthy brain.

Reflection on Your Health

Which of these major health factors concerns you the most? While they are all related, is there one topic that most concerns you? If so, start your focus there.

Critical Wellness Strategies for People 50+

The goal here isn't to overhaul your entire life overnight, but to begin building habits that support your health step by step.

These strategies are also listed in the order of importance, so please don't feel daunted by the number of opportunities to improve your health; start with the first strategy, and once you are following that advice, move on to the next approach on the list.

1. Prioritize Nutrition for Wellness

Nutrition becomes increasingly important after 50 – not just for weight, but for reducing inflammation, supporting metabolism, and protecting long-term health. Note: No diet fits everyone, so find the correct mix of healthy foods that feel good to your body and brain.

Goal: Reduce inflammation, support metabolic and cellular health, and prevent chronic diseases. A healthy diet is essential to living well and living longer.

Key Dietary Habits

- Healthy proteins: Wild and all-pastured meats (beef, bison, elk, chicken), wild-caught fatty fish, and organic/local eggs.
- Healthy fats: Olive oil, avocados (and oil), coconut oil, fatty fish, grassfed butter, and nuts. (No trans fats or seed (“vegetable”) oils.
- Healthy fiber: Organic vegetables and fruits, nuts, seeds, legumes, and limited grains.
- Home-Cooked Meals: Start to leave convenience foods behind most days and focus on real foods, prepared and cooked at home.
- Limited Refined Carbs/Sugars: Limit ultra-processed foods as much as possible, including meals, snacks, and sugary drinks. Avoid refined carbs, which are basically sugar.
- Reading Ingredient Labels: Make it a point to read the labels of any prepared foods you consider purchasing.
- Solid Hydration: Drink enough water (and other healthy beverages) daily to support digestion, cognition, and joint health.
- Intermittent Fasting (Optional): Consider trying time-restricted eating (e.g., overnight fasts), which can support autophagy (cellular cleanup) and metabolic health. Start with 12 hours and gradually increase.

Key Nutrients

- Omega-3s: Found in fatty fish, flaxseeds, and walnuts. Reduces inflammation and supports heart/brain health.
- Vitamin D: Crucial for immunity and bone health. (Supplement if sunlight exposure is low.)
- Magnesium: Supports muscle/nervous system function. Found in spinach, almonds, and pumpkin seeds.
- Antioxidants: Incorporate these to help fight oxidative stress: spices and herbs, berries, coffee, nuts and seeds, and green tea.

Recommended Reading

- [Are Ultra-Processed Foods Killing You?](#) Learn everything you ever wanted to know about ultra-processed foods and their impact on health and lifespan.
- [Change Your Grocery Shopping and SAVE Your Life.](#) Learn about hyperpalatable, ultra-processed foods, which use the savory-sweet-fat combination to overstimulate our brains.
- [Diets Don't Work... and Other Truths About Food. Dieting.](#) The idea of restricting foods – does not work, and often leads to increased weight gain after any initial weight loss.
- [Eight Solutions for Healthier Eating.](#) Healthier eating means healthier living, so please consider implementing these eight solutions, which are fairly simple to implement.
- [Embracing Cooking as a Critical Life Skill.](#) Cooking is one of those vital life skills, along with other critical personal and household hygiene skills, such as cleaning, first aid, basic repairs, and financial/money management that everyone should have.
- [Factors Leading to Our Current Health and Healing Crisis.](#) While the ultra-processed foods we consume are the leading factor, learn about all the other factors negatively impacting our health.
- [50 Things You Can Start Doing Today to Improve Your Health.](#) Discover 50 options for changes you can start today for your health.
- [Healing Starts With Eating Real Food: No More Fast Food.](#) Are you overweight? Often fatigued? Part of a healing journey has to be changing your relationship with food.

- [Healing Your Heart Starts With What You Eat](#). Americans tend to eat a fairly poor diet, resulting in poor heart health. But you don't need a drug to heal, just better nutrition.
- [Hold the BEEF! For Your Health, Eat Only Sustainable, Pastured Beef](#). Looks at why we should be doing our best to purchase and eat pastured, grass-fed beef raised locally.
- [How and Why Eggs Should be a Key Part of Your Diet](#). Eggs are a superfood that should be part of your diet, of your daily nutrition.
- [Keys to Truly Understanding Food Labels](#). Food labels are designed to mislead. This article informs consumers how to read food labels, what items to review, more.
- [Please Stop Buying These Misleading Food Labels](#). Misleading food labels are found in almost every place where people can buy groceries. Food marketers often trick consumers who are rushing to shop, so please slow down and review.
- [Seven Health Myths Negatively Affecting Your Life](#). The food industry has propagated numerous nutrition myths that have negatively affected our food system and our health. This article covers seven of the worst myths.
- [Ten Dangerous Foods/Ingredients to Eliminate From Your Diet](#). Food marketers drastically altered foods and ingredients over the past 40 years to the point that many are negatively affecting our health.
- [Tips for Creating a Wellness Kitchen](#). The kitchen used to be the centerpiece and gathering spot in our homes, but it has been replaced with the family room. It's time for a wellness kitchen movement. Learn how.
- [Vegetable Oils Are Ubiquitous? Yes... and Please STOP!](#) Are you still using vegetable, soybean, corn, canola, sunflower, and other seed oils in baking and cooking? Do you know it's also in most prepared foods? Learn more.
- [Why We Need a New Victory Garden Movement](#). Our food system is broken. We are in a nutrition/health war today. We need is a home garden movement.

2. Move Strategically for Strength and Mobility

One of the biggest risks after 50 is the gradual loss of muscle, strength, and mobility, but the good news is this decline is highly preventable. With the right types of movement, you can maintain independence, reduce injury risk, and keep your body strong and capable for years to come.

Goal: Maintain muscle mass, bone density, and cardiovascular health through daily workouts and movement. These strategies are essential to staying healthy and independent.

Key Exercise Recommendations

- **Exercise Snacks** (1 per hour of sitting): For every hour of sitting, get up and move for 5-7 minutes before getting back to sitting. These snacks can be aerobic (walking, stair climbing) or resistance work (planks, lunges).
- **Focused Strength Training** (2–3 times per week): Some ideas include squats, lunges, push-ups, and deadlifts (use bodyweight or light dumbbells), yoga, medicine balls, or weight machines.
- **Focused Cardio** (3–5 times per week): Some good ideas include brisk walking, cycling, rowing, dancing, stair-climbing, or swimming for 30–45 minutes.
- **Flexibility and Balance** (Daily): Do these to help with preventing injuries and falls, reduce chronic pain, maintain independence, and slow age-related decline. Try yoga or tai chi for improving mobility, reducing fall risk, and lowering stress. Also make time for dynamic stretching, which are gentle movements to maintain joint range of motion.
- **Walking After Meals**: Work in a 15-20 minute walk after every meal, which is beneficial for lowering blood sugar, aiding digestion, and reducing cardiovascular risk factors, such as elevated triglycerides. These walks do not need to be strenuous to obtain the benefits.

Recommended Reading

- [Do You Have a Sitting Disorder?](#) Sedentary lifestyles are sometimes called "sitting disorders," and unfortunately, many of us are living a sedentary lifestyle. Learn how to get moving!
- [Is Exercise a Four-Letter Word to You?](#) Learn how easy it is to exercise, move, and why exercising is so life-enriching.
- [10 Critical Walking Tips: Begin Walking Safely for Heart, Health, Life.](#) Walking is one of the best exercises people can do to improve health and wellness.
- [10 Quick Exercise Tips for Enhancing Overall Health.](#) Exercise and movement are essential. Find 10 exercise tips for enhancing your health.

3. Manage Stress, Healing, and Mental Health

Chronic stress doesn't just affect how you feel; it impacts nearly every system in the body, accelerating aging and increasing disease risk. Learning how to manage stress effectively is one of the most powerful – and often overlooked – ways to protect your long-term health.

Furthermore, negative experiences from our past (what experts call trauma wounds) can have a significant impact on mental health. Thus, healing these old wounds (especially from childhood) is essential for older adults.

Goal: Reduce chronic stress, which accelerates aging and increases disease risk. Reduce blood pressure, cortisol, heart attack risk, slow cognitive decline, and lower the risk of depression and anxiety. Heal past trauma, which can greatly impact mental health.

Key Stress-Reduction and Mental Health Techniques

- Identify Stressors and Action Steps: Typical stressors include money and financial concerns, work and workplace problems, family conflict, health issues, caregiving responsibilities, and loneliness and isolation.
- Mindfulness/Meditation/Prayer: Just adding about 10–15 minutes daily of quiet time spent in meditation or prayer can lower cortisol and improve focus.
- Time in Nature: Spending just 10–20 minutes in nature can lower cortisol levels by 10–25 percent. Furthermore, longer exposure (2+ hours/week) is linked to consistently lower cortisol and better stress resilience.
- Social Connection: Strong relationships are linked to lower stress and longer lifespans. Social support lowers cortisol by 20–30 percent in stressful situations, and hugging a loved one for 20 seconds reduces cortisol and boosts oxytocin. And don't forget laughter, which can help lower cortisol by 30 percent while increasing feel-good endorphins.
- Purpose and Growth: One of the greatest tools for good mental health is engaging in activities that give you a sense of purpose (volunteering, hobbies, new learning). Purpose-driven activities help lower cortisol by 20–30 percent by shifting focus from "me" to "we" (reducing rumination and anxiety); activating the parasympathetic nervous system ("rest and digest" mode), and releasing dopamine and serotonin, which counteract stress hormones.

- **Healing Journeys:** The purpose of a healing journey is for you to face past trauma wounds – finally – in a safe manner that does not cause more trauma, and which results in you finally becoming your complete and true self, rediscovering aspects of yourself that may have been lost for years, decades, because of the trauma

Recommended Reading

- [Embracing Healing Change: Keys to a Happy Life](#). Nothing stays constant. But a bigger issue with change is using it, embracing it, to heal from trauma. Learn how.
- [Establishing a Mindset for a Happier Life](#). Do you struggle with feeling satisfied with your work, relationships, and life? Find expert tips and strategies for establishing a mindset for a happier life.
- [Feeling Overwhelmed? Causes, Signs, and Practical Ways to Regain Control](#). Our busy lives and obligations can sometimes feel crushing, pushing us to the brink. Find expert strategies and solutions for restoring control.
- [Five Ways to Heal Your Life!](#) We can heal ourselves by changing habits; changing eating; changing health priorities; and changing how we see the world.
- [Have We Gotten It All Wrong About Happiness?](#) Happiness: the state of being happy; it is short-term satisfaction from positive life experiences, such as achieving goals. Contentment is characterized by a sense of well-being.
- [Make Room for Healing](#). We all need healing. If you are living in the past, angry, bitter, and guilty, you need to make room for healing.
- [The Many Faces of Trauma: Are You Ready to See Yourself?](#) Are you dealing with unprocessed trauma? Read this article about the many ways past trauma affects our personalities and how we respond to triggering experiences.
- [10 Tips for Coping With Life's Stressors](#). Life is stressful, but some stress can be good. Protect yourself from bad, stress overload, with these 10 healthy tips for coping with life's stressors.
- [Tips for Better Mental Health -- Live a Healthier Life](#). These tips for better mental health were developed to assist people in dealing with mental and emotional stress.
- [To Truly Heal, We Must Reconnect With Our Inner Child](#). Learn how to heal unprocessed childhood trauma with inner child healing.
- [Utilizing the Power of Forgiveness](#). Do you want to heal? If so, forgiveness HAS to be part of your healing journey.
- [What is a Healing Journey? How Do I Start One?](#) A healing journey is about WHOLE healing of both mental and physical ailments. Learn how to start yours!

- [What is Holding You Back From Healing?](#) Discover the truth about trauma and the hidden wounds, myths, and fears that keep people from transformative healing journeys.
- [What's Weighing You Down?](#) Are you weighed down by negative emotions? Here are expert strategies for helping you drop some of the unnecessary and unhealthy emotional weight you're carrying.
- [Why and How to Incorporate Self-Care Into Your Life.](#) Self-care is not an indulgence, but a necessity; learn key tips for self-care.

4. Optimize Sleep for Cellular Repair

Sleep is not a luxury – it's one of the body's most important repair mechanisms. After 50, getting consistent, high-quality sleep becomes even more critical for physical recovery, mental clarity, and overall longevity.

Goal: Aim for 7–9 hours of quality sleep per night. Sleep is foundational for physical health, mental well-being, and longevity.

Key Sleep Strategies

- **Remove All Screens and Devices:** Move the television from the bedroom and keep all devices in a separate room – on airplane mode.
- **Consistent Schedule:** Go to bed and wake up at the same time as consistently as possible (even on weekends).
- **Dark, Cool Environment:** Keep your bedroom cool (65°) and dark (use blinds or blackout curtains).
- **Wind-Down Routine:** Before sleep, try reading, meditation, or deep breathing to signal to your body that it's time to rest.
- **Limit Caffeine/Alcohol:** Avoid caffeine after lunch, and alcohol close to bedtime (both disrupt deep sleep).

Recommended Reading

- [10 Quick Sleep Tips for Helping Stay Healthy](#). Daily quality sleep is an essential part of long-term mental and physical health and wellness. Improve your sleep with these expert tips.
- [Trouble Sleeping? Five Plant-Based, Natural Sleep Aids](#). If you struggle with sleep and want to avoid addictive pharmaceutical drugs, here are five natural, plant-based sleep aids.

5. Cognitive Health and Brain Training

Protecting your brain health isn't about one breakthrough strategy; it's about consistently engaging in habits that support memory, focus, and long-term resilience. The encouraging news is that the brain remains adaptable and capable of growth well into later life. Old dogs can learn new tricks!

Goal: Maintain mental sharpness and reduce dementia risk. Remaining cognitively healthy should be a key goal for our healthspans.

Brain-Boosting Habits

- **Fix Your Diet:** Discussed earlier; a healthy diet is essential for brain health – and especially the elimination of refined sugars.
- **Make Movement a Priority:** Discussed earlier, but daily movement is one of the most powerful tools to keep your brain sharp, resilient, and youthful.
- **Learn New Skills:** Languages, instruments, or puzzles stimulate neuroplasticity.
- **Stay Socially Engaged:** Conversations and group activities reduce cognitive decline.
- **Protect Your Hearing:** Hearing loss is linked to dementia. Get hearing tested regularly.
- **Prioritize Sleep:** Discussed earlier, but deep sleep is a strong tool for helping clear brain toxins (e.g., beta-amyloid plaques linked to Alzheimer's).

Recommended Reading

- [Boosting Brain Happiness as Part of a Healing Journey](#). Boosting brain happiness chemicals should be a key part of your healing journey.
- [Establishing a Mindset for a Happier Life](#). Do you struggle with feeling satisfied with your work, relationships, and life? Find expert tips and strategies for establishing a mindset for a happier life.
- [How to Boost Your Brain's Feel-Good Neurotransmitters](#). The premise of this article is to demonstrate that implementing a regimen to boost certain key brain chemicals can be highly beneficial to overall wellness.

- [How's Your Brain Fitness? 10 Exercise Tips for a Healthy and Fit Brain](#). Everyone knows about the importance of exercise for the body, but it's also true for a healthy brain.
- [It's Time To Address It: Screen-Life Balance](#). Find useful tips for managing a balance with screen time. Too much screen time leads to health issues.

6. Home, Environmental, and Lifestyle Tweaks

The environments we live in – and the habits we repeat every day – can either support or undermine our health. Small, intentional changes in your surroundings can reduce toxin exposure, lower stress, and make healthy choices easier.

Goal: Optimize healthy daily habits and minimize exposure to toxins, which are rife in many typical households because many personal care, cleaning supplies, and other products contain toxins.

Optimize Home Health

- **Air Quality:** There's not much you can do with outside air, but in your home, avoid using chemical air fresheners; open windows or use quality essential oils.
- **Reduce Toxins:** Work on limiting exposure to all plastics (BPA), forever chemicals, synthetic pesticides, and household chemicals and cleaners. Upgrade your cookware (to ceramic, glass, steel, cast iron), use natural cleaning products, and switch to using glass or steel for food storage.
- **Water Quality:** To limit exposure to dangerous chemicals and contaminants, try a quality water filter, whether for small batches or a whole-house system. As we age, our bodies become more vulnerable, and our kidneys and liver (which filter toxins) work less efficiently.
- **Declutter:** A tidy space reduces mental clutter and stress because clutter can overwhelm our prefrontal cortex, boost cortisol levels, and impair memory and focus. Start slowly and use a technique like the three boxes: Keep (only what you love and use daily), donate (anything unused that has value for others); trash/recycle (for broken, worn-out, unsalvageable items).

Recommended Reading

- [Are the Chemicals in Your Home Killing You?](#) For your family's health, here are the chemicals you should remove from your home -- and remove ASAP.

- [Get the \(Micro\) Plastic Out of Your Home!](#) Experts are saying we are in a microplastics health crisis. More recently, microplastics have been seen in several human organs, including our lungs and brains.
- [Should You Be Concerned About Heavy Metals?](#) The short answer is yes, especially if you eat conventionally, drink unfiltered water, and live in an older house or a house near industrial plants.
- [Want to Heal? Detox Your Home... and Yourself.](#) Did you know your home could be keeping you sick? You need to detox the chemicals in your home. Learn how.

7. Spiritual Wellness

The older we get, the closer we are to the end of this mortal life, the more we tend to go deeper spiritually, and spiritual wellness is as important as physical and mental wellness.

Goal: Recognizing and connecting (or reconnecting) with a higher purpose or divine presence, fostering personal growth, inner peace, and a sense of interconnectedness with all life.

Research has shown the value of quieting the mind through relaxed reflection – reducing stress, lowering blood pressure, improving mood and cognitive function, calming the body, and slowing down the aging process – something important for those 50+ especially. (These results can come from as little as 15 minutes per day in quiet reflection.)

We are spiritual creatures, no question. But spiritual does not necessarily mean religious; it means that more people believe in some sort of higher power, some Divine power, but not necessarily in some organized religious order.

There are many elements of spirituality: the belief in things greater than us, the appreciation of beautiful moments, the quieting of the brain, a sense of connectedness with others/the world, and compassion/empathy/love for our fellow humans of the world.

That said, it's clear that for many of us, we have lost our connection to the Divine – whether we call that the Universe, God, Jesus, Jehovah, Almighty, Creator, Bhagavan, Buddha, or Allah.

Spiritual healing is the practice (and experience) of trying to rebuild that connection – about restoring, harmonizing, and balancing our spirit/soul. For those who never had much of a spiritual life, spiritual healing can lead to a great spiritual awakening.

Spiritual Healing Practices

- Prayer
- Meditation
- Mindfulness
- Affirmations
- Inner child work
- Shadow work

- Solitude and introspection
- Spending time in nature
- Self-love and self-care practices

Recommended Reading

- [Establishing a Daily Practice of ThanksLIVING!](#) Having a daily gratitude practice can raise our level of joy, happiness, and self-esteem, while also improving our health and sleep.
- [Five Ways to Restore Grace and Meaning to Your Life](#). Discusses five ways you can change to restore/enhance grace and live a purely joyous and meaningful life.
- [Mantras and Affirmations: Keys to Self-Care and Nourishing Your Mind](#). Discusses the transformative power of mantras and affirmations, what they are, and how they can be used for mindfulness and positivity.
- [A Simple Christ-Centered Practice for Healing and Surrender](#). This Christ-centered prayer was developed to deepen our connection with our Lord, Jesus. Use it as a daily meditation, or in whatever way suits your spiritual needs.
- [10 Tips to Grow and Deepen Your Spirituality](#). Spirituality plays an important role in wellness. Find 10 tips for refreshing your spirit, deepening your spiritual beliefs, and sparking a spiritual (re)awakening.
- [Utilizing the Power of Forgiveness](#). Do you want to heal? If so, forgiveness HAS to be part of your healing journey.
- [What is Empathy -- and How Can You Be More Empathic?](#) Learn more about empathy, which deals with the ability of people to think outside themselves to feel the emotions of others.
- [Why Mindfulness is Such a Healing Practice](#). Mindfulness is about living in the moment, appreciating all the little moments that often get overlooked. Learn the benefits of mindfulness.

8. Avoiding/Eliminating Longevity Killers

While building positive habits is essential, it's equally important to reduce or eliminate the behaviors that quietly accelerate aging and disease risk. Even small reductions in these areas can lead to meaningful improvements in long-term health.

Goal: Eliminate habits that accelerate aging or disease that have not been discussed in earlier sections.

Health Killers

- Smoking: It's best to quit or avoid all tobacco smoking/vaping. It damages cells and increases cancer/heart disease risk.
- Excessive Alcohol: Start by limiting to 1 drink/day (women) or 2 drinks/day (men). Alcohol dehydrates and stresses the liver, and hurts metabolic health. The long-term goal is to eliminate regular alcohol consumption.
- Ignoring Health Issues: Many people – especially men – tend to ignore their health; it is much easier to repair a minor health problem than a major one. Regular wellness exams and comprehensive blood panels are an important tool.
- Polypharmacy and Overuse of Prescription Medications: The majority of pharmaceuticals that people take simply manage symptoms, which is especially concerning because most chronic health issues facing 50+ adults can be prevented and even reversed naturally and holistically. Thus, it becomes imperative to become your own wellness advocate and determine which – if any – medications you need to be taking.

Recommended Reading

- [Do You Really Need Those Pills? Find True Healing](#). Find common remedies/fixes for common health issues -- rather than prescription pills.
- [The Importance of Becoming Your Own Wellness Advocate](#). With so much conflicting and outdated health information, it's critical to ask better questions and take a more active role in your care.

- [11 Pillars of Health, Wellness, and Longevity](#). When you dig into the lives of older, healthy people, you find they all have certain things in common -- what we call the pillars of health, wellness, and longevity.
- [The Nine Steps of Wellness: Live a Better Life](#). By developing a wellness plan, anyone can increase the likelihood of a longer, happier, and healthier life.
- [7 Simple Changes to Naturally Improve Your Health/Immune System](#). Find simple changes to improve your immune system naturally.
- [W.A.L.K. \(Technique\) For Life: A Guide to Better Health](#). Outlines the steps of the WALK Technique, a guide to better health through weight and diet awareness, healthy eating patterns, and improved fitness plans.

Final Thoughts on Wellness Strategies for People 50+

These strategies are beneficial at any age, but they become especially powerful as we move into the second half of life.

Remember, you don't need to do everything at once. Start with one area, build consistency, and allow progress to compound over time.

Your body is remarkably capable of adapting and healing -- even after 50.

Start where you are. Take one step. Then another. Keep going.

Here's to a long and healthy healthspan.

Parting Words of Wellness Wisdom

You don't need to do everything all at once.

Start with one habit.

Then build from there.

Your body is capable of more than you think.

Stay on the path of wellness.

One Final Request

Please share this guide with someone you care about... because wellness grows stronger when shared with people we love.

Wellness Library of Additional Resources

Metabolic Health

- [What is Metabolic Syndrome?](#)
- [Think You're Metabolically Healthy? Only 12% of Americans Fit the Bill](#)
- [Metabolic Syndrome is on the Rise: What it is and Why it Matters](#)
- [What is Metabolic Health? In Plain Language](#)
- [Metabolic Health Over 50: What It Is and Why It Matters](#)

Nutrition for Wellness

- [Achieving Metabolic Health Through Four Key Dietary Principles](#)
- [Nutrition and Metabolic Health](#)

Movement for Wellness

- [11 Daily Low-Impact Moves to Support Mobility, Flexibility, and Joint Health After 50](#)
- [Moving Matters for Older Adults](#)
- [Exercise Interventions for Older Adults: A Systematic Review of Meta-analyses](#)
- [Top Outdoor Activities for Adults 50+](#)
- [4 Types of Exercise You Need as You Age](#)

Stress, Healing, and Mental Health

- [How Stress Affects Your Health](#)
- [The Impact of Stress on Mental Health: What You Need to Know](#)
- [Psychological Effects of Stress](#)
- [Mental Illness and Older Adults: What to Know About Symptoms and Treatment](#)

- [The Impact of Stress on Older Adults and Tips for Managing It](#)
- [How Older Adults Can Restore Optimal Well-Being](#)
- [The Importance of Rest and Recovery For the Over 50s](#)
- [Never Too Late to Heal: Overcoming Past Trauma as an Older Adult](#)
- [The Psychology of Healing: How Trauma Shapes and Transforms the Brain](#)

Sleep and Cellular Repair

- [How to Sleep Better After 50: Simple Habits for Deeper, Restful Sleep](#)
- [Sleep and Older Adults](#)
- [Sleep After 50: Why It Changed, and the Eight Fixes That Actually Work](#)
- [How to Repair Cells in the Body for Better Health](#)

Cognitive and Brain Health

- [Brain Health After 50: Evidence-Based Strategies for Cognitive Longevity](#)
- [Engaging in Brain-Healthy Behaviors: Motivators and Barriers for Adults Over 50](#)
- [Habits That Support Brain Health After 50](#)
- [Brain Health: Healthy Aging](#)

Home and Environmental Toxins

- [35 Most Toxic Household Items Hiding In Your Home](#)
- [Toxic Chemicals in Your Home](#)
- [Where Harmful Chemicals Are Lurking in Your Home](#)
- [Top 10 Toxins in Your Home, Room by Room](#)
- [Why an Effective Water Filter Matters for Your Home](#)

Wellness for the Soul

- [Nurturing the Soul: The Vital Link Between Spiritual Health and Physical Well-Being](#)
- [The Soul: The Intersection between Wellness, Travel, Religion, and Spirituality](#)
- [Spiritual Wellness](#)
- [How Spirituality Can Benefit Your Health and Well-Being](#)
- [In Search of Self and Something Bigger: A Spiritual Health Exploration](#)
- [Spiritual Practices For Women Over 50](#)

Avoiding Longevity Killers

- [50 Reasons to Stop Smoking Today](#)
- [Smoking: Why You Should Quit](#)
- [How Smoking Disrupts Your Wellness Wheel: Steps to Reclaim Balance](#)
- [Health Risks of Alcohol: For Better Health, Drink Less Alcohol](#)
- [Rethinking Drinking After 50: Why Alcohol Hits Women Harder — and How to Reset](#)
- [How Drinking Affects Health and Wellness](#)
- [Alcohol Consumption and Your Health](#)
- [Are You Up to Date on Your Preventive Care?](#)
- [7 Medical Tests to Get When You Turn 50](#)

Wellness for Adults 50+

- [10 Things Your Doctor Wishes You'd Start Doing in Your 50s](#)
- [Women's Wellness: How to Be Your Best Self in Your 50s](#)
- [10 Things You Need More of After Age 50](#)
- [Five Healthy Habits for Longevity in Your 40s and 50s](#)
- [Your Guide to Healthy Aging](#)
- [How to Be Fit and Healthy After 50](#)

About Dr. Randall Hansen

Dr. Randall Hansen is a health and healing researcher and educator, author of the Wholeistic Healing series, Finding Wellness, and a champion of the HEALing Revolution, a movement focused on helping people rediscover genuine wellness and deep emotional healing.

For more than 30 years, Dr. Randall has studied food, farming, nutrition, and the ways in which modern ultra-processed diets silently undermine our health. His research explores how food can act as powerful medicine — or, when altered and distorted, as poison.



Over the past decade, Dr. Randall's work has expanded into the realms of emotional, spiritual, and psychological healing. Through both extensive research and his own healing journey, he has come to believe that most people are carrying unresolved pain that holds them back from a life of peace, joy, and purpose. His mission is to illuminate the connection between physical health and inner healing, and to guide people toward true transformation.

Faith is at the heart of his work. Dr. Randall believes God has called him to share the truth about health, healing, and the path toward wholeness. He publishes daily insights, writes books designed to empower and uplift, and advocates for truth, integrity, and genuine wellness in a world flooded with misinformation.

He is not a clinician and does not offer individual consultations, but he is a trusted educator, researcher, and author whose work inspires people worldwide to reclaim their health and begin their own healing journeys.

Learn more at RandallSHansen.com.

About EmpoweringSites.com

Since 2007, EmpoweringSites.com has been a leader in publishing content that is designed to help people live better lives, starting first with wellness topics before expanding into healing.

The Empowering Sites Network is a content compendium with a mission to help you improve your life... all with free tools, expert advice, and links to the best resources.

EmpoweringSites.com is the corporate parent of several key websites, including:

- HealingRevolutionDiet.com
- HealingSeed.World
- HealMeWhole.com
- TriumphOverTraumaBook.com
- FindingWellness.com
- EmpoweringAdvice.com

EmpoweringSites.com is also the publisher of three books focused on wholeistic healing:

- *Triumph Over Trauma*
- *Heal!*
- *The Healing Revolution Diet*

We are also the publisher of Dr. Hansen's most recent book:

- *Finding Wellness*

We are a small publishing company on a BIG mission of helping the world heal, live their best lives, and foster love and understanding.

Please join us on this mission by healing yourself and then sharing that healing with all the people you know.

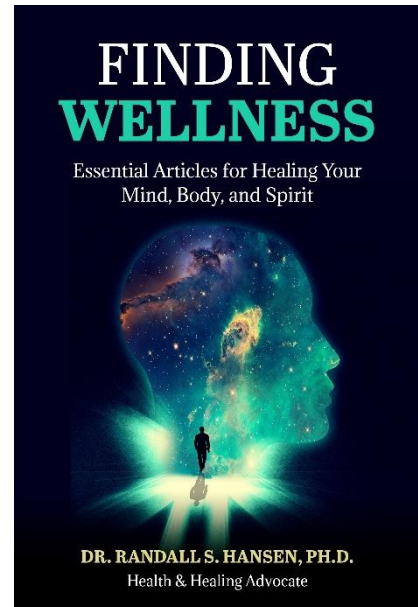
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Healing, Health, and Wellness Books

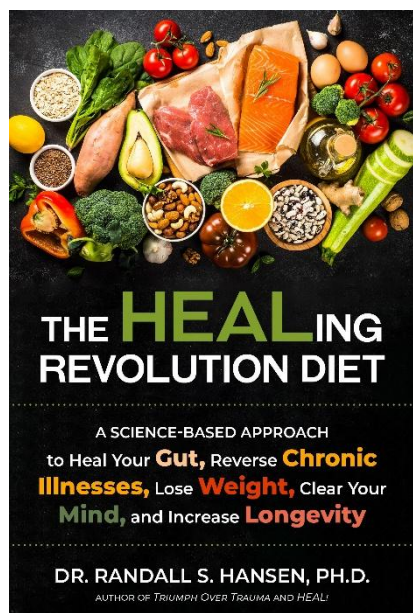
[*Finding Wellness*](#) is a curated collection of Dr. Hansen's most popular articles on healing the mind, body, and spirit, distilling decades of research, real-world experience, and hard-won lessons to help guide you with practical advice and concrete steps to aid you on your journey to wellness!

With the articles and advice in this book, readers will be able to readily focus on their health and healing and make the commitment to creating the necessary action steps along a journey that brings well-being, joy, peace, and love into their lives.



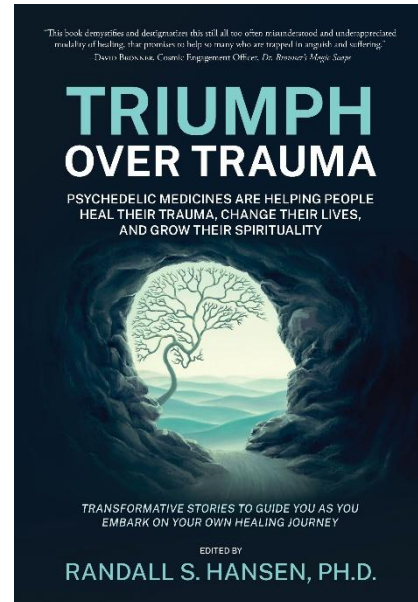
[*The Healing Revolution Diet*](#) empowers you with knowledge, advice, skills, tips, and success stories so that you can succeed with your diet and health plan. Finally, the book also covers the importance and methods for finding true healing – connecting it with a healthy lifestyle – so that you can live your best life!

For decades, we've been misled by a profit-driven food system and flawed nutritional science. Ultra-processed foods dominate our grocery stores and fast food chains, contributing to an epidemic of obesity, diabetes, heart disease, cancer, and more. But weight alone is not the measure of health... metabolic wellness is – and this book will guide you to true health.



[Triumph Over Trauma](#) has all the information you need to begin your journey of discovery into whether one or more of these psychedelic medicines may help you. You'll find several chapters covering all the basics of psychedelics – from their fascinating history to how these medicines work to how and what you need to move forward with intentionally using psychedelic medicines – as well as 23 amazingly transformative stories of healing. What are you waiting for?

Transform YOUR life!



[HEAL!](#) deconstructs trauma, introduces The Healing Wheel, provides detailed information about the six major modalities of holistic healing, provides key information about finding true healers, reveals healing journey stories, healing fact sheets, and additional wholeistic healing resources. This book is about empowering you to heal yourself, to find yourself, and to live your best life.

It's time to HEAL!



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