

Live A Lot Longer
And Live Well
No Stiffness, No Heart Issues,
Remarkable Bones, No Dementia
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Enjoy Your Retirement

Fantastic Retirement Series: Book 6 of 6
Eleanor Rose TEAM

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Live a Lot Longer

And Live Well

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Live a Lot Longer and Live Well

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Live A Lot Longer And Live Well

Introduction

Before We Begin

Retirees want their information ‘straight from the hip’. When FantasticRetirement.com started, the ‘team’s’ mandate was to showcase successful retirement; not how to save for retirement, not how to prevent Alzheimer’s, not your latest surgery; you get the picture. Here’s what started our journey into retirement success.

“Are you curious? I was. I went to the internet in search of fabulous retirement success stories but no luck! I wanted to read about retirees doing fantastic things. We are over 50, physically active, socially having a good time, sexually, interested, not ready to **“throw in the towel**. I poled the net, asking for retirement success stories. Show me how you stay “happy, healthy and interesting”.

The result: a worldwide avalanche of successful retirement emails.

The result: 7 books, a blog and a YouTube channel that continue to highlight how fantastic retirement is to-day.

Everything from new careers in retirement, new love, great travel, changes in lifestyle, **AND how retirees stay well**, arrived on our cyber doorstep. Because many retirees shared their methods for staying healthy, which is the mainstay of successful retirement, this book was the result. **AND it’s free.**

How ‘We’ Handled the ‘Flow’ (Read about our team, at [FantasticRetirement.com](http://www.fantasticretirement.com))

All the stories that rolled in from Baby Boomers, Junior Seniors and Senior Seniors have remained ‘untouched’. Folks sent all kinds of remedies, suggestions and plain down-to-earth health ideas, most of which they did not get from their doctors.

But, let's get something ‘on the table’. Well, it’s a lot of, ‘somethings’.

My understanding is that because I am not a medical doctor I can not use the word 'pain', in this book, **as in** , 'cure your pain', 'relieve your pain', or just calling a spade a spade, 'pain'.

So, from here-on-in, become familiar with the word, '**agony**'. That's my euphemism for the word that starts with, 'p', and ends with, 'n'.

There is no way that myself or a contributor will tell you how any Baby Boomer, Junior Senior or Senior, Senior, overcame, 'p__ n'. But, I will tell you how they overcame '**agony**' and a fair carload of health problems they have faced. Every time you see the word '**agony**' just translate it as p__ n. Ya know we gotta 'play by the rules'.

The Next 'Something'

- a doctor
- a nutritionist
- a holistic nutritionist
- a massage therapist
- a chiropractor
- an iridologist
- a Chinese doctor
- any other therapist, you can think of that you may have used to treat your own '**agony**'.

None of the above.

That's me and the Fantastic Retirement, team, who put this book together. We are none of the above. Neither were any of the contributors as far as I know. None of us is part of the medical profession.

So For Heavens Sake

To be safe, please read the disclaimer that covers this book.

What the disclaimer says, in a nut shell, is check with your health care practitioner before following anything you read in this book. Make sure that whatever you read and plan to follow is safe for your body. Every page of this book is topped with this warning.

The Crunch

Here's the crunch. Your doctor, your medical doctor, will lightly have little or no training in what we are about to share with you which was emailed by Baby Boomers and Seniors, worldwide.

Make sure, whatever you 'take' from this book and want to actually employ for your health, is talked over with your doctor, first.

Here's The Rub

Chances are your doctor will humor you.

Chances are the Doc. will roll his or her eyes.

Chances are the Doc. will tell you to go ahead because nothing outlined here is dangerous.

Chances are, after you talk to your Doc, after you employ what you will learn here to stop your, '**agony**' or health problem and go back for your next appointment: '**agony**-free', or '**agony**-reduced', your Doc. will be surprised and may, (that's 'may'), take you off your pills. He or she might, then, be more interested to find out what you have done to control your '**agony**'/health problem.

There's no guarantee what your doctor's reaction will be.

Medically, Listen Up

Your medical doctor is your ultimate guide. Surgery, life saving techniques, the 'whole ball of wax', that doctors provide, is absolutely essential. Listen to your doctor.

Run anything by your Doc. that you plan to do about your health.

Where Do We Get Off

Please ask yourself:

What background do the retirees who put this book together at www.FantasticRetirement.com, have? How about the people who sent their remedy emails? Are they medically trained?

NONE! That's right, none are doctors.

That's right, 'none'. That is, no formal training, education or degrees, medically speaking. (Hey right here you can't accept a general university degree because it won't 'fly'.)

Right about here, (I know, I know), you are wondering what you are reading. Let me tell you. None of the contributors ever implied or said that they were professional medical practitioners but they know how they felt "before" and how they feel, "now". I am merely the 'compiler' who 'ran with the ball', thrown by the contributor's stories.

How Long

My first consuming interest in life is how to better my health and eliminate my issues. I have been hitting the books and the internet, as well as alternative therapists, for 35 years. 35 years should count for something. I have a library of books and file drawers bursting with medical information. Information tied to **'agony'**/ health problems. That makes me a nutrition/health researcher. My fellow retirees on this web site are equally as concerned to maintain good health.

Our Theory

Our theory has always been, if, 'it ain't broke don't fix it'.
If it is 'broke', darn it, do something about it. That premise has meant a 35-year search.

Yes, the information was, 'out there'. No, it wasn't easy to find. AND yes, the contributors to this book, also worked tirelessly to find doctors, therapies and nutrition solutions that worked for them. It turns out, there is a common thread; several common threads to be exact with a ton on 'mini-threads concerning how Baby Boomers and Seniors, the great big pool of retirees, have improved their own health and reduced or eliminated their health problems.

What You Will Find in This eBook

- How to stop or reduce the **'agony'**.
As they say, "I got my life back". Translation: Most or all of the problems have gone.
- able to walk normally
- able to walk for hours
- able to travel and 'take' the 'waits' in airports
- able to stand for periods
- able to go up stairs without hauling yourself up using the handrail
- able to get off pain killers
- able to lose weight
- able to stop stomach aches
- able to sleep
- not being stiff and hobbling when you leave the table, chair or bed
- no longer relying on the television for your 'social life'
- improved mental clarity and stop forgetting
- feel better plus be better able to not, 'get sick'
- increase your strength and endurance
- improve your sex life....Whoa, bet that got your attention

- AND : BEST OF ALL: Have control. Knowing how to stop the **'agony'** or health problem.

- AND: BEST OF ALL: sharing what you will discover in this book about how to, 'beat your own **'agony' or problem.**

There's nothing more enlightening than hearing from real people, especially those over 50. They pull no punches and tell you the truth. We here at

FantasticRetirement.com

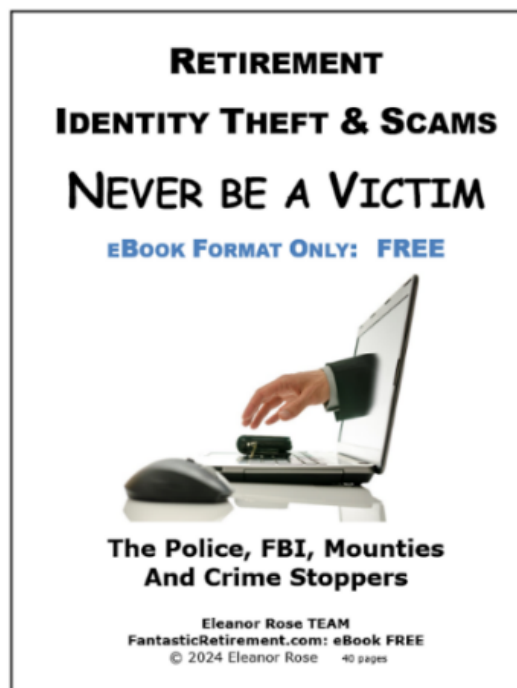
would be amazed if you don't find many ways to improve your health and stay young and vital from suggestions Boomers and Seniors emailed.

To repeat our maxim: Never adopt what someone else is doing for their health without first asking your own doctor.

The Last Something

On our web site we never publish a contributor's last name or exact location to protect Boomer and Senior privacy. Asking us, for a person's name and address is futile. We will not divulge it.

Our other Free eBook You Really Need to be Safe.



Chapter 1

Seniors Want Answers

The List

Here's a partial listing of 'agony' ailments. Where do you fit on the list?

arthritis, heart disease, diabetes, fibromyalgia, overweight, obesity, headaches, lupus, multiple sclerosis, asthma, acid reflux, back pain, muscular dystrophy, chronic fatigue, acid reflux, cancer, PMS, insomnia, depression, stress, acne, attention deficit disorder, hyperactivity, sexual dysfunction, allergies, yeast infection, inflammation, aches and pains, pain with no medical explanation, AGONY !

Do you ache?

Does it throb?

Does it jab?

Does it wake you at night?

Does it keep you from sleeping?

Is it embarrassing?

Do you purposely 'leave yourself' out of activities?

Does it depress you?

Does it seem hopeless?

What Would You Give to Stop the Agony?

Are you overweight and hate it?

If you're overweight, what would you, 'give' to lose the pounds?

Well, here we are, at the beginning and at the end. Why do I say both? Because some people work like tigers, within their limits of '**AGONY**', otherwise know as the "P" word; that's the word that starts with "P" and ends with "n", to stop the '**AGONY**'.

Don't kid yourself. Being overweight is '**AGONY**' too.

Read the email from Jerrie S.

To.....: fantasticretirement@gmail.com

From..... :Jerrie S. South Carolina

Hi Eleanor

I am so glad to have found **www.FantasticRetirement.com**.

Reading about successful seniors is so uplifting. I don't think people under the age of 50 realize how many fabulous things retirees do. It's a great life, except for the pain.

About Myself

I'm 63 years young, retired from the education system in the U.S. South. I was a head secretary in a high school. In retirement, "Busy" is my middle name. I play bridge, quilt, read voraciously, volunteer at the hospital and go on bus tours with my husband.

Perhaps you have noticed that my activities and all of my social life originate from a seated position.

The Reason : Arthur Itis.

Really, it's no joke. Pain in my knees, my wrists, (from all that keyboarding at the office), and my back, is constant. Your ebook, "**12 Steps To A Fantastic Retirement**", was a wonderful 'read'. I really enjoyed the emails from the fellow who morphed into a cowboy and the story about, "Mr. Dirt", in Texas.

I was hoping for not only a story, but a whole section about people who have reduced pain or knocked it out, completely. Have you received any emails from people who have found the key for themselves regarding ending their pain?

Any help would be appreciated.

Sincerely

Jerrie

From another '**AGONY**' sufferer.

Albertan's Struggle

To.....: fantasticretirement@gmail.com

From.....: Gary B. Alberta Canada

Dear Eleanor

My wife, Seta and I would very much like to know if you have success stories regarding weight loss, in your repertoire.

Seta and I are both short, both approaching 70 and we have been witting the pounds off for 3 years. Our progress is mighty slow. We eat healthily, with the paltry serving sizes we are supposed to consume and we walk daily. As a matter a fact, I think we walk between 3 and 5 miles a day.

We should both be skinny as a rake. But we are not.

Our eating in restaurants is limited and we try very hard to order grilled choices and salads. Please put an "A.P.B." bulletin out, across the cyber airwaves to seniors who have figured out how to get weight off.

We very much want to buy new, thin clothes and travel more. It's harder to travel when you carry around extra 'beef'.

Yours truly

Gary B.

Just to let all the "Garys" and all the "Setas", out there, know we took his suggestion and did draw up a request to foist on the cyber world; the retired Baby Boomers, junior seniors and senior seniors of the world, regarding health, which ultimately can also mean weight loss. We also wanted to find out if anyone had been successful in reducing or stopping their '**AGONY**'.

The Wondering Irish

To.....: fantasticretirement@gmail.com
From.....: Mattie T. Ireland

Top Of The Morn'in To Ya

It's Mattie T. in Ireland. I'm sure to be wonder'in, if Baby Boomers, 'over the pond', are having as much trouble with losing weight as I am.

I'm 57 years old, I've been retired for two years and I definitely like being a retired Baby Boomer. (If that isn't an odd titled for myself). I realize that most of your readers are of the North American stripe but from the, 'telly,' I garner there are as many overweight Americans as there are Irish butterballs.

With your bent on retired success stories, is it possible to get any seniors to 'open up' with the gift of the gab and tell me how to lose weight. I'm sure I would feel so much more like, "my old self", if I weighed several stone less.

It's not like I haven't talked to the fairies about it, watched every weight show on the telly, even to the point that I hired a personal trainer for a wee month because that's all I could afford, and I'm still right at 'starters'. I can't afford to be a hospital statistic, I don't want to be laid up with some, 'old vegetables,' in a nursing home and if the truth be known, I'd like to be slim so that I could catch a man.

Please ask your readers because it's not like I eat like a wee pig and it's not like I don't walk the moors.

Patiently waiting for help in Ireland

Mattie T.

Alabama Question

To.....: fantasticretirement@gmail.com
From.....: Jackson T. Alabama

Hello To Eleanor and Your Team

I have never sent an email to someone I didn't know but I feel comfortable with, **www.FantasticRetirement.com**.

I have been a very successful young senior. I retired from the railroad and was doing all kinds of things until pain, "laid me low". My doctors, the 2 of them, are

wonderful. They have told me that I should continue with moderate exercise and when I can't stand the pain, to take pain-killers. Now I did some research on the Net and found out that pain-killers also do a 'number' on one's stomach.

If I want to go to something, even as tame as dinner at our Senior's Center, I must take the pain pills:

- (a) just to get there with some kind of ease
- (b) to enjoy myself

Have any Baby Boomers or seniors emailed about their success with eliminating or reducing pain? I so desperately want to be a pain-free senior success. There must be folks who have figured it out.

Hopefully,

Jackson T.

Cyber Request

The above emails mirrored many we received about wanting to know how to stem and/or eliminate "**AGONY**". Those you have just read plus a number more, galvanized us to, 'hit' the cyber-waves with this request.

Attention

Baby Boomers, Junior Seniors & Senior Seniors

Needed

Your story about reducing or eliminating PAIN or Weight

And

**Any solution, medical or non-medical,
you have used to improve your health in retirement.**

eMail your solution to: fantasticretirement@gmail.com

We would like to know, "How You Did It."

As everyone knows, emails have a way of flashing from one machine to the next. It wasn't long before stories started to roll in.

Of course, some were far-fetched, some entailed lots of cash and some were definitely ridiculous. But, through the straw, several things started to emerge that agreed with the research I have done over the years. Resources such as books and web sites, therapists, and writers tell you a lot but it's usually all so 'techie'. We wanted ordinary folk like you and me, who have been successful with reducing '**agony**' or reducing weight, especially without medical intervention, to tell us how you did it.

It became quite easy to separate the goofy ones, and the sales pitches to buy products, from the sensible ones. The solutions came from kind Baby Boomers and seniors, most retired, who have found a way out of their misery. Some we talked to on the telephone, all we emailed our thanks.

Chapter 2 explains, from several respondents, what it took, to motivate them because nothing worth doing is ever easy. We are not kidding you. Deleting **'AGONY'**, **keeping weight off, reducing inflammation, etc.**; it turns out, is a challenge, which will be on-going, for the rest of your life.

You, yourself, are the magic bullet!

If you've heard the adage, "Nobody can do the push ups for you.", then you know what you are 'in for'.

Definitely not push ups.

Definitely changing your lifestyle.

Chapter 2 is full of tales of people who learned the "secrets" but tenaciously hung on to their extra pounds, their **'AGONY'** or health problems because they refused to change.

OR, they decided that whatever they had to do was worth it:

To get their life back!

It's your call. It's like the cigarette smoker that knows full well the damage being done to their lungs and their body; but they don't or can't give up their smokes.

Changing your life style falls into the same type of category. You will not change until you are ultimately so fed up with the problems that, for you, there is no alternative but to change.

Am I talk'in to you?

You are sick and tired of being sick and tired!

If you are, you are the person this book will, "turn around."

You are the person who will reduce or entirely eliminate your **'AGONY'**, lose weight, or improve or delete a health problem because doing, 'the right ,

Let's talk about, the change, and we don't mean, 'change of life'.

Wait a minute, I do mean, 'change of life', because if you implement what you read in this book, (with the blessing of your doctor), your life could be drastically altered.

You will be healthy, (or healthier), perhaps totally pain-free, (or almost), and slimmer if you are overweight.

There's the "ifs".

"If" you change.

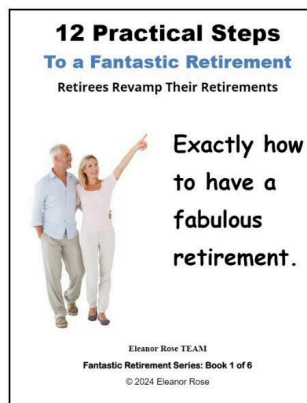
I'm sure the health books and magazines you have read have told you that when you make a change, practice it for three weeks, then you own it. It is then a changed habit. Nobody is saying take 45 ideas to your doctor regarding how you would like to improve your health.

One at a time. Maybe two or three. Do them for three weeks, until they are ingrained and then tackle the next one.

Retirees Tell It Like It Is

Giving up your chocolate, fish and chips, and dog-tired lifestyle will add years to your lifespan. If you want more years, read on. Baby Boomers and Seniors, worldwide, did a fab. job in sharing what they are doing to stay young, reverse the clock, reduce or eliminate "P--n", and get back to enjoying life.

Find These eBooks at FantasticRetirement.com



Chapter 2

Your Big Book of Generic Excuses

Everybody has heard Mom's trite, "Eat your vegetables!" Most of us are aware of the government's food guide. So, where's the problem?

Did Ya.....

Did you know that based on food science research that our government food guides are misleading? Where they lead you to, is, "Down the garden path", and it's not to the vegetable and fruit patch.

Yes, for sure the guides tell you how many servings of fruits and veggies to eat, daily. It's the lack of guidance that leads to the, 'fat path', the diabetic path and the '**agony**' path.

For answers you need to search and do your own homework. Because Boomers and seniors, worldwide, emailed their solutions; this ebook is your, 'cheat sheet', the quick route to finding out how so many others reversed '**agony**', reduced or eliminated a health problem and/or lost weight.

Did you know that veterinarians receive far, far more education on reducing "p_n" in animals than medical doctors are taught about reducing '**agony**' for people. Never mind what doctors are taught about weight loss. That you could put in a nut shell. It's as though weight loss is somebody else's problem to fix.

Janet K. wrote:

A Small Bad Experience

To.....: fantasticretirement@gmail.com

From.....: Janet K. Wyoming

Good Morning Eleanor

I am sure there are legions of Baby Boomers like me, who have realized that you have to be proactive about your own health care.

Because I have a chronic health problem, I have sought top notch health professionals to help me to get better. I find that one professional leads to the next, that leads to the next and so on.

I considered the Health Department in our town to be top drawer. Last year I sat down with a nutritionist there, and got an education. After three visits I was well versed with, eating plan in hand, that followed the government guidelines.

Fast forward to today, a year later. I still weigh 179. I still have a devil of a time to walk. I still feel depressed about my lack of success. AND, don't kid yourself, I did follow the plans and information that were given to me. Why didn't they work is my question?

I need a health 'turn-around'. I will be watching your web site and books for health success stories.

Please!

Sincerely,

Janet K.

The Government's Role in Health

Well Janet, you do represent the legions of hopefuls who have followed what they assumed they should do to get healthy and/or lose weight. They assumed that if the government, 'said-so', then it must be correct.

Government nutrition charts are well researched and documented by independent researchers, holist purists and just plain folks like you who have found that they are, 'half' correct. The result: no success or very little success in improving their health.

The Truth

We have to find out the truth. From the Baby Boomers and seniors who emailed their health recoveries, to be added to this book, you will find a tumult of success turn-around health stories. What you are reading is a road map to better, or should I say, 'best health', because the information comes from real people. People who have tried many things to finally find what worked for them.

Right here, we want to repeat that never should you employ someone else's health strategy without first checking it out with your doctor.

One Senior's Answer

To.....: fantasticretirement@gamil.com

From...: Tom T. North Dakota

Afternoon Eleanor

I'm dropping a line to let you know that my health has improved greatly since I joined Weight Watchers. I'm 68 years old and I've dropped 37 pounds in 8 months. I've taken the advice to get rid of my fat clothes and dig out my thin clothes. I'm on what they call, "Maintenance", now.

I'm back golfing, walking and playing pickelball.

I think Weight Watchers worked because I was made accountable. Weighing in plus 'paying', kept me accountable. I still go every week.

Just thought I would share my success story.

Avid Fan

Tom T.

One Senior's Failure

To.....: fantasticretirement@gmail.com

From.....: Bev. T. North Dakota

Dear Eleanor

I know that my husband Tom has just emailed you. I do get fed up with hearing his admonishments about what I should or should not eat and what exercise I should do.

I don't go to Weight Watchers with him because he's a big nag. My neighbor, Carol and I go on Tuesday nights. It's sad to say, but in 6 months I have lost only eight pounds. Carol has lost nine.

I never have dinner on Tuesday nights with Tom, because after Weight Watchers Carol and I go out for a meal. I suppose you can, 'lead a horse to water', as they say. That's us, 'The 'not successful Weight Watcher girls.' I do use the excuse that men lose weight faster than women but right now I feel like I'm in the, 'Weight, Dog House'.

If any retiree could inspire me to do better that would be a true gift. I just can't seem to, 'do it'. I would be able to walk so much better if my pounds would disappear.

Bev. T. North Dakota

Who Is Responsible?

Every weight loss book, every tomb about improving your health or eliminating your '**Agony**', (p _ _ n), lashes you with:

"You are 100% responsible for you.
The only way to change is, 'Just do it'.
Burn your generic book of excuses.
Stop, drop and roll yourself right out of the, "I can't", mode
If you've gone off the rails, get back on."

A Snowbird's Experience

To.....: fantasticretirement@gmail.com
From.....: Calvin A. Florida

Hello from sunny Florida

That's sunny and fun Florida in the winter. I escape North for the summer.

Love, Love, Love, FantasticRetirement.com. That's exactly what I am, a Fantastic Retiree; a Snowbird in all but one sense of the word. Being in comfortable outdoor weather all year I should be golfing, walking, swimming and playing volleyball.

I'm 65 years old but now see myself as looking 85. The shocker came when I was shopping in a K-Mart store. At the end of the aisle there was a huge mirror tipped against the wall. An old guy walked past me as I was looking at a vase to buy for my double wide trailer-home. When I looked up, I couldn't take my eyes off him.

His walking gait was so stilted that he advanced sideways about as much as forward. I watched in horror till he disappeared around the shelf down by the mirror.

I didn't have a buggy with me so I was moving down the aisle holding 2 items. I looked up and saw myself, full-frontal, in that huge mirror. I straightened up as tall as I could. I wasn't anywhere near the gait, of the 'old' guy that had just gone around the shelf but my walking was stilted.

When I got to the mirror, I put my items on a shelf and turned the mirror against the right-angle shelves so that I could walk toward a full-length gold framed mirror, opposite, and see myself from the back.

It was a shock. I was certainly not walking smoothly. I looked as, 'old as the hills'. I don't know 'bugger all' about getting a handle on my health.

I looked awful; I feel old. I have lots of pain and I hate it. I do take pain pills.

Do your emailers have suggestions for what I should do? I look forward to hearing what retirees are doing for their health.

Enjoying the sun in Florida but wanting to be active.

Calvin A.

Lots of Baby Boomers and seniors wrote to share their solutions, especially Baby Boomers who are bent on staying healthy.

Another Bad Experience

To.....: fantasticretirement@gmail.com
From.....: Gail S. Idaho

Dear Eleanor

I just wanted to tell you what jolted me into being proactive about my own health. Your request for successful health stories came through a chain of my relatives.

My experience at a local hospital, 2 years ago, galvanized me to take action. I have been digging and researching ever since. I want to stay healthy and avoid hospitals.

Two years ago, three times, I experienced a huge jabbing pain in my right leg. One night it was so bad, I drove myself to the hospital. The emergency ward was packed, even at 3 A.M., especially with crying babies.

In total I was there for 11 hours. I did have some tests which turned up nothing. I was starving and thirsty with the little I could buy from the vending machines.

The Verdict: They felt it was a deep internal pulled muscle. Maybe they were right because I haven't had any more trouble.

Eleven wasted hours sounded an alarm for me. I have changed. I read everything I can get my hands on regarding maintaining health or should I say reversing bad health. I go and listen to guest speakers who talk about health issues, and I have started with an Iridologist who has hit a number of nails on the head.

I have joined a walking group and an exercise class. I plan to stay out of hospitals. I know they are overcrowded, under-financed and I now feel, should be one's last resort.

I especially 'feel for' the overworked nurses and doctors. It looked like a nightmare of work they did the time I was in the Emergency. Here's to my, 'new' turned-over leaf".

Yours truly

Gail S.

An Ontario Widower's Dilemma

To.....: fantasticretirement@gamil.com

From...: Harrison M. Ontario Canada

Hi Eleanor

I live in Ontario Canada. I'm retired and a widower. I depend on myself to make meals, clean my house and do everything. My family and friends know that I hate to cook. Common meals, since my wife passed, have been:

ready bagged salad with lunch meat
breakfast or lunch at Tim Hortons doughnut shop
Pizza
the truck-stop buffet or their breakfast
canned soup with a lunch meat sandwich

The consequences: I have gained 43 pounds in the last 4 years. I am so stiff in the morning I need a sledge hammer to get moving. I also haul myself up stairs. My doctor says I am pre-diabetic. I know I'm, 'on the edge'.

There's no service in town that provides healthy meals. There's no one with a big stick to get after me. I tried a personal trainer and couldn't stand the pain. (Plus, I just couldn't handle the look in that guy's eyes.)

I go to a massage therapist and a chiropractor for pain. I'm at the end of my rope and I'm only 63. I figure I need to move into an institution, maybe a prison where the meals and activities are force-fed and there's lock-down.

I wrote this email because somebody somewhere must have a solution.

Fellow retirees, please tell me how to get better.

Sincerely

Harrison M.

It's true that Harrison is his own culprit. Could Harrison learn to shop and cook for himself? Could Harrison get active? Is eating right and activity the answer? You betcha!

But...Since Harrison is no different than most of the Baby Boomer and senior population that need a health turn around, why doesn't it happen?

Storekeepers

Here's another story.

To.....: fantasticretirement@gmail.com

From.....: Mandeep and Kosa L Mass.

Hello

My wife and I find it very odd that we would email a total stranger. We decided together to email. We are both age 62 and we emigrated from India 22 years ago. We have worked hard and still run our convenience store.

We do not know where to turn that is why we chose to email your web site.

My wife and I both have arthritis. Running the store is getting harder and more painful for us. We are thinking of selling because we now have three part-time employees rather than one. We need the extra help.

We do go to the doctor. There seems to be little or no relief other than pain pills. We will watch your web site carefully to see if anyone else with arthritis has any suggestions.

Respectfully yours.

Mandeep L.

The final email of this chapter just happens to be one of the best 'turn-around' emails to arrive. Many came with wonderful suggestions that fill the next chapters of this book.

Englishman Calls Himself "A Nutter"

To.....: fantasticretirement@gmail.com
From.....: Garth C. England

Hello From England

I hope that what has happened to me, an Englishman, will help someone else who is sliding down the slippery degenerative slope into old age. I have several health problems, a weak resolve and a lazy-man's attitude. That is, I did have those.

I retired from a brewery where I did heavy lifting and delivery of beer kegs to pubs. For most of my working years I was in top physical condition because of the heavy work. Twelve years ago, I was in an auto crash and three years before retirement I fell on some ice, off the job, and it seems difficulties started from those events.

In preparation for retirement, I saw the writing on the wall that my pension was not going to be a big one. Consequently, I took many courses on fixing computers so that I could make extra income and preserve my lifestyle.

That part of retirement has worked out. I make house calls where most, I.T. blokes will not. Now I am finding that the extra money is being eaten up by the costs of special drugs rather than travel.

You see I am one of the rare males who has fibromyalgia. I have actually lived at a pain clinic trying to get a handle on it.

Fibromyalgia is a little understood, painful way to live. I have pain points in many places on my body and they are usually never in the same place two days in a row. From reading every book I could find and also material on the Internet, I know that it is exacerbated by some foods, the weather, especially the rainy weather we have here in Great Britain, that the change of seasons, 'hurts', and that a big day out, really hurts.

I try to avoid over the counter drugs and my doctor prescribed pain pills. As much as I can; I, "Soldier on!"

My sister, Rosalyn has different health problems from mine. She felt strongly that I needed to consult a holistic nutritionist. Since I have tried so many therapies to no avail, I finally agreed.

This holistic nutritionist was horrified with what I ate. I thought I ate fairly healthily. She handily dealt with my lack of exercise, (because of my pain), and my excuses.

As she said, "You're going to make excuses right into your coffin, and soon." That got my attention. Our sessions are expensive but as I have set up weekly appointments with her, she has cut her rates by one third. She monitors everything I eat. Through her I have learned where to shop, what to buy, and how to cook it. (You will review Garth's new ways in a later chapter.)

In our first visit she did a life expectancy graph for me that showed at my present age of 58, I had about 8 more years to live. My God that shocked me. Everything I eat, do and think about food and exercise has been discussed.

I finally sucked it into to my soul that most if not all of my problems were the result of my lifestyle. It took me 40 years to get to this point and I am working to meet her standards. I like her and Roslyn was right.

I had been a 'nutter' to think for one minute that my lifestyle was even remotely healthy. I was also a bag of lies and untruthful excuses that what I was doing was not adding to my fibromyalgia grief.

I hope you like my top suggestions for improving one's health.

Yours

Garth C. England

Stay tuned for Garth's lifestyle changes.

Chapter 3

The Bulls Eye Guy

Welcome to Chapter 3. This chapter introduces you to only one senior, (and his wife who had to do something). He has thrown out the gauntlet. He's a cattleman in Montana who just might have seen the writing on the wall or should we say, the cow in the doo doo pile.

The glories of an ebook are all the changes you can make after it's 'published'. It's like a 'living thing'. When new information or better information cybers in, with a few clicks an ebook can be updated.

That's exactly how Chapter 3, came to be Chapter 3.

Betsey R., wife of Tex. R., ranchers in Montana, found our website:

www.FantasticRetirement.com

Betsey ordered this free ebook, because it is based on emails from Baby Boomers and seniors, worldwide,

The Wife's Skullduggery

Betsey went to [FantasticRetirement.com](http://www.FantasticRetirement.com) and got this book for free. After reading it she decided on a little skullduggery. Betsey emailed their story. It was powerful so we decided to make it Chapter 3 and shuffle the other chapters. Here's what she shared:

..... "loved the ebook. It's so down to earth and easy to understand. It's an absolute almanac on how to turn your health around. It's the first book, I've read on the topic or health that is written in plain English. Plus, its sole aim is retirees improving their health.

It boils down what you need to do and then it doesn't leave you hanging. By that, I mean that the emailing retirees tell you exactly where they turned for help or what they did. I found the information about what to ask your doctor, what alternative health professionals do, and finding out about products, so helpful.

Who Reads Research?

It's not scientific studies that fill this ebook but reading about what actual retirees have done to feel better that carries more weight with me. They're just like my husband and me. I find most hard or soft covered books about improving your health such boring 'reads' or hard to understand stuff.

I stopped buying them or taking them from our library. Health books are like reading a 'mine-field'. They're too academic for me. I prefer short pamphlets or magazine articles. But often they don't paint the whole picture. I liked, "**Live a Lot Longer and Live Well**," because seniors tell the truth.

Here's what I did. I left my Kindle reader on the coffee table, right where my husband sits to read the newspaper, because that's all he reads, especially the 'markets'. The 'reader' was always, 'on', with the title page of the book showing. If it went dark, in passing I would touch a key to light it up. I did this for days.

I figured that my husband might pick it up. Finally, on Sunday, when there is no newspaper, he sat down with his coffee and picked up the reader.

Tex: The 'Undigital' Husband

Tex has nothing to do with computers or readers for that matter. I never said a word. He read for a few hours. I heard a lot of, "Did you know...s...."

I have stomach problems; one sore hip and my general health has been slipping. When my husband took a break from reading, he said, "You know there's lots of things in this damn book that make sense. I think I should do some on them."

It's great when a man sees it as his idea. My husband, really floored me when he said, "I should send an email to this here, Eleanor lady, and tell her what I think. Now since Tex gives chickens and computers a wide birth I just, 'hummpfed' at him sending an email.

Would you believe it, he was serious. In his words, "I talk, you type". I didn't know what would come out of his mouth because colorful language goes with the territory. The big jokster says, "Now wife, I say's it and you writes it."

Tex: A Man of Few Digital Words

To.....: fantasticretirement@gmail.com
From...: Tex. R. Montana

Good Day To You Eleanor

I bin tak'in to the wife about emailing you. I read most of your book, '**Live a Lot Longer**', and I'm thinking to change myself. I thought I would tell you my story so as you could, 'hold my pants to the fire', if I didn't change, and tell folks all over the world if this damn cattleman doesn't get his act together.

You better believe it, that I ain't no typist. It's the wife typ'n this thing, this email.

(That's my husband. Always likes to drop in bad grammar.)

I'm no spring chicken. There's nothing like a chicken for dinner. That's the only place for those scrawny little....bleep bleep's. But I am 62 years old. With my 2 sons and our crew of part-timers, my wife and I to run a couple thousand head of cattle.

We use all-terrain vehicles for a lot of the rounding up but there's no beating a good quarter horse with a cutting brain in him. We have 15 to 20 horses on the place to work the beasts.

Years Take Their Toll

Over the years, from about the age of 40, on, I started to put on the weight. You know when the wife cooks for me or me and the boys, the food is something else. Being a rancher has worked out well for me. We sell through a large co-op and have always been able to maintain our quota.

My wife and I have a real nice stone and log house and there's barns and a bunkhouse. The boys and their families, each have places at the edge of the property.

You know I figure that people who struggle to make a living are mostly thin. The way I see it, the more luxuries and money we made, over the years, the porkier I got.

Nobody Calls Me "Porky" & Gets Away With It

That's me, Porky Tex. I tell ya, if I hear one of the lads referring to me as, 'Porky', I'll fry him in oil. But I tell ya, my weight has got to such a kicker that it ain't fair to ask some nice horse to carry my girth. It's more like a need a Clyd. now.

Thank God I have a full-sized truck. The seat is way back and when I get in the thing, it doesn't sink to its knees. Can you just see some poor horse caving in because the lard-arse on his back weighs as much as 4 heifers.

I have this dream where I'm on my favorite quarter horse and he's sunk up to the knees in sand. There's me, several feet lower than the rest of the ride.

Here's the schtick-

I know-eat your fruits and vegetable
I know-exercise
I know-see the doctor once a year
I know-lots of stuff about how to get healthy

My wife's a good cook, (**Notice he's being careful right here.**) She does tell me to eat the broccoli and have a tiny piece of pie. Seems I get it in reverse.

I lied. I see my Doc. quite often because I have hypertension. What a jack-ass word. Just call it, High Blood Pressure. Of course, with the load I carry, my knees are always swollen and my feet ache. I take TUMS for indigestion and the old Doc. says arthritis is starting. I sound like one broken down barn of a guy.

Good thing for the two sons who live on the place and mostly run the spread now. Never admitted to that before.

Why This Book Is 'Crazy'

If you hadn't had such a ridiculous title for this book, (**Do know the title has changed to make it clearer**), that my wife left out, I probably would never have read it. Like I'm not believing that retirement is healthy. When I read that part that some poor slob, (EXCUSE ME, 'LADY'), who has soup for breakfast I really scratched my head. Must be crazy. But I gotta say a book of emails from retirees all over the world, like real people, makes the stuff way more believable.

For sure, seniors call a spade a spade. They don't horse around. They cut right to the chase. I believed that story about the guy who said this new-fangled therapist, his holistic nutritionist, prophesized that he had 8 more years to live if he kept on being, Hell bent on destruction. I'm wondering now if my wife and I could find this here holistic nutritionist. I sure don't want to 'kick off'. Got too many things left to do.

So here's the deal

I'm going to follow a bunch of suggestions in your book. Plus, don't 'wet yerself', I will talk them all over with the family Doc. Every six months this nice wife of mine will

email you, my progress. Would you, "publish" my story? If I don't turn this thing around and quick, the grandkids will have no, "Pappy".

Hey Eleanor, is it a deal? It's my job to hit the Bulls Eye and get healthy and shear off the pounds or you, '**hold my pants to the fire**', by telling the whole damn world that Montana has one "bleep bleep cattleman."

Tex R. Montana

Tex, you're on! I emailed Betsey.

Will His Pants Be To Fire?

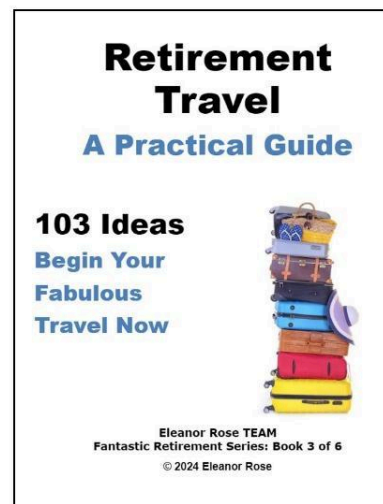
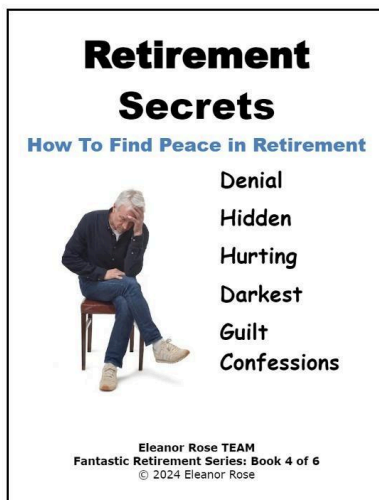
"We will most definitely "publish" your results as you work towards health. You might be the star of our next book. Here's the deal. Our next book will be totally from Baby Boomers and seniors who do change their lives and do improve their health.

Whether you change or you don't change, whether you get healthy or stay a slug, YOU.. my dear cattleman will be front and centre of our next ebook.

Consider it done! Your pants are, 'to the fire'. This should be interesting.

Eleanor

More eBooks from FantasticRetirement.com.



Chapter 4

Senior Solves "The No Will Power Syndrome"

If your ship doesn't come in, swim out to meet it.
Jonathan Winters

Translation: "Get off your 'can' and do something about it". Turn your life around.

Reality Check: It just doesn't happen!

Garth, our emailing fellow from Chapter 2, the overweight guy with fibromyalgia decided to say what he had to say, in Document format.

No 'Stick-to-itive-ness'

To.....: fantasticretirement@gmail.com
From.....: Garth C. England

Hello Eleanor

This is email #2 regarding how I reduced my agony, (see I have stuck to your mantra not to use the p__n, word), and in the process dropped those extra stones of weight which meant I now have a handle on pain.

I decided to send my story as an attachment because I have a lot to explain. I sure didn't want to write it all as an email and possibly have it disappear.

Garth

Garth's Attachment

Regarding my agony, my fibromyalgia and my extra weight.

Crikey, I have certainly done the lot. I have a library of weight loss books.

It's been like trying to find a 'haystack in a needle'. In my life I have done so many things correctly.

What I Did Right

- Preserved my position with the firm..check
- Advanced through the ranks.....check
- Saved for retirement.....check
- Been a good husband..(now widower).....check
- Raised 2 kids.....check
- Maintained good health.....

Every effort to, 'get healthy' was like putting up a billboard in the desert. I knew my blanket of chub had to be largely responsible for my pain and weight. I knew that I had to do something about it. You just can not go on year after year scot free, when your lifestyle is hell bent for leather towards destruction.

As I said before, my sister, Roslyn, finally convinced me to visit her holistic nutritionist.

At that point I didn't have a verdict regarding death's door from my doctor, but I should have. Doctors need to be more proactive regarding debilitating lifestyle habits. I believe it comes down to money and the 4 minutes you're allowed in his office.

I've noticed a sign in my doctor's office that reads, "If you have more than one health problem to discuss with your doctor, please make another appointment". If that isn't ridiculous. The opposite happens with the holistic nutritionist. She listens and listens and we talk. But I do pay for her time.

My Holistic Nutritionist

Jan, my holistic nutritionist, got 'through' to me. She's the one my sister has constantly nagged me to go see. Jan recommended some motivational books and of course books and pamphlets that explained in depth, the programme she was putting me on.

I had daily charts to fill out and things to buy: measuring cups and spoons, a food weigh scale, a new loo scale, an exercise ball and exercise bands and new walking shoes.

I also went home with a list of things to buy at the greengrocer, (which Jan had photos of), and things from our health food store, (which by the way, I had never been inside of).

I bought all the items, stowed the food in the cupboard and in my brand new North American style refrigerator, a big beast it is.

I laid out my charts on my desk, and my new kitchen tools, did 'my walking' for 2 days, ate a lot of salad and just plain was hungry. That led me right back to my favourite pub for a meal and a Guinness. After 2 unsuccessful weeks and Jan's eyes, I started to read the motivational books.

Summary

1. The water chart Jan gave me... had 8 boxes to be ticked daily for the 8 glasses of water to be drunk
2. Self-talk.. which I thought foolish.. but I did it. What the motivational books said to do was repeat positive words that I felt applied to me, often, during a day, such as, "I am healthy".

I invented my mantra based on -keep it brief, positive, specific, start with "I am.", use 'ing' in it, include an emotional word such as, a "feeling", 'or something better, (which I didn't like), as in:

"I am feeling healthy or something even better than healthy".

and... to never use 'No' 'Not' or 'Never'.

I finally devised, "I am feeling healthy, pain free and slim". I was not comfortable with....'or something better'.

The 'No' Reasoning

Did you know that the brain eliminates 'no', 'not', and 'never'? It just doesn't hear them. Saying, "I will never go to the Chippy's" is heard as, 'I will go to the Chippys'. Fancy that! The brain glosses over the negative words.

A Picture is Worth A Thousand Words

Next, daily I was to visualize myself as a success. The motivational books I had read to improve my position when I was working, said things like, visualize yourself working smart, being in the corner office, etc.

My visualizations I shared with Jan. were, I saw myself, in my mind's eye, trekking on holiday, walking the moors in Scotland, the boots I would wear and the hat and coat, my walking stick: all pain-free.

Visualizing, for me, was far easier than what I felt was my ridiculous mantra. I pictured myself, several times a day, as active and pain free. You just close your eyes for a moment and do it.

As If

The next aspect was to live 'as if'.

as if I were thin
as if I were pain free
as if I was active

As Nike says, "Just do it".

It never happened. As my walks increased the pain increased and the hunger knew no bounds. C follows B follows A. I never learned to cook. I hated the kitchen. I hated my pain.

I really didn't change.

I gave up.

I still spent money with my holistic nutritionist, Jan, but not to much avail. She was getting to the, 'give up' stage. Everyone with pain, and weight issues would immediately change if change was easy to do. Obviously from people-watching in the High Street or at our senior's centre, a large percentage of the population remains heavy and in pain.

Change is not easy, if not impossible.

Do you identify? I'm sure I am talking to legions of people who, 'know better' but have not been successful, as I have not. There is an answer and so far, it's the only one that I have found that works. I suppose most of us are of the 'weak-willed' variety.

Jan To My Rescue or Should I say Michael To My Rescue

God bless Jan! Her next ploy to save my life was: "I have a suggestion for you. I have done this with several clients who all were then able to turn their lives around. I would like you to visit a hypnotherapist."

I heard, 'hypno' as in "hypnosis" and raised my eyebrows. My reaction: "You've got to be kidding!"

She wasn't. Several of her, 'stuck' clients, had resorted to hypnosis. The therapist, Michel D., was 2 hours away and cost 40 pounds per hour. Two strikes against.

"Would I at least read a pamphlet and go to Michael's web site?"

Time Saver

Here's what I found out.

1. Hypnosis has a lot to offer other than stage shows.
2. It works best with people of normal or above normal intelligence.
(Hoped I fit there.)
3. A therapist has no control over you while you are hypnotized. If he told you to walk off a cliff or give him all your money you'd get up out of the chair and 'bugger off'.
4. Hypnosis is only deep relaxation. It's kin to meditation only more relaxing.
5. With positive suggestions your mind starts to change.
6. You have to want to be there and really have to want the change.

The Stickler

Here's the stickler. Anyone like me who finds they keep on doing the same thing over and over and yet are hoping for a different outcome: well it just never happens. Because:

1. The subconscious mind takes up about 93% of your brain space.
2. It's a lazy lout. It wants to do what it's always done. The easy way out.

Now I must say, I have read about people who suffered stroke or brain problems as the result of an accident, who later, mended. The articles say that they do the improvement over and over which builds new pathways in the brain to accomplishing learning to speak, walk, etc.

This I understood. But I never realized that you would have, a 'fight with your brain', to create the new pathways. It made sense. Every diet, every exercise regime, or walking plan I ever tried, lasted about 2 days.

I got hungry.

I hurt.

The weather was 'iffy'.

No time.

There was a pub meal waiting.

It was interesting to learn that your own brain is the 'bad guy'. That your subconscious mind seeks out the "same old, same old". It's easier. I had to admit that Michael and the hypnosis books and his web site, did a good job of explaining why nothing ever changed.

You have gathered that I drove the 2 hours and had a session with Michael. He was neither bearded nor dressed as a, 'swammy'. No top hat as well.

We had a good talk all reinforcing what I had read about hypnosis.

Highlights

1. Hypnosis is not the least bit mysterious.
2. Using hypnosis I would accomplish my goals. (I had thoroughly explained my pain and weight issues.)
3. I trusted that it would work.
4. I would learn to relax deeply.
5. Imagery and visualization would become second nature.
6. I learned that my subconscious mind would, 'give in' and start to support me.

That first appointment also involved watching a video of case histories of people explaining their problems, being hypnotized, and then months later their results. I liked what I saw.

For the hypnosis part, I stretched out in a comfortable chair with soft nature sounds playing in the background. Michael started to use words that allowed me to relax till I felt either heavy or jello-like. I have to admit, it was lovely. Even the wrinkles across my forehead, 'let go' and my body sank into the chair.

I felt heavy as lead as I followed Michael's words and drifted off to a wonderful place. I could fully see with my eyes shut. I could see my healthy self there.

I heard everything, even the postman outside. I knew I could get off the chair at any time. Never did I feel threatened. I was totally relaxed. As a matter a fact, it totally surprised me that a stranger could make me feel so comfortable.

I left his office with a CD which was a recording of my hypnosis session. Instructed to listen to it daily in a chair or on a bed, would take about 30 minutes. There was my commitment, 30 minutes a day. In the hypnosis I was instructed that I would enjoy the 30 minutes, daily, look forward to the peacefulness, and not want to miss a day of listening. Plus, it thoroughly outlined what I now would do, (NOTE: not what I wanted to do, but what I was doing, in the present), as a healthy lifestyle.

My second visit was more of the same and 'we' made a second CD.

My Choice

I then had a choice. I could continue coming for the appointments and the making of more personal CD's that dealt exactly with what led me to destruction or I could use only the 2 I now owned, or I could buy a compilation of CD's that dealt with weight loss and getting healthy without having to return unless I wanted to.

Seeing as it totaled a 4-hour journey I purchased the CD kit and have never regretted it. I was instructed to listen to each CD for a week as the subconscious mind changes through repeated suggestions.

Michael did tell me that hypnosis is devious, perhaps insidious. That in future I would be doing things, good things, positive lifestyle changes, without really thinking about them, just doing them.

Does Hypnosis Work?

By heavens he was right. I still went on buying greens and fruit but rather than them going slimy I would find myself with my head in the 'beast, (the refrigerator), pulling out vegetables, healthy dressing, making a salad and eating it with chicken or fish.

It seemed odd to me that I would be lacing up my trainers and going for a walk. It makes me smile, thinking that the deviousness was working, and I went walking anyway.

I knew somehow that listening to my CD's, once a day, was the root cause. It was sneaky, because here I was doing these changes and laughing about the fact that I was doing them.

It's quite startling that my weakness for chocolate has been reined in. One CD indicates that on very special occasions I will have a modest amount of a food that I used to covet. Otherwise, it's easy for me to pass it up. This is so wonderful that the agony of tying my hand to my side rather than reaching for chocolate, no longer exists.

Crisps, going out for a 'curry', lashings of cream, great slabs of white bread covered with butter and jam, no longer hold an attraction for me.

Saving Time

It's amazing that listening for 30 minutes a day saves time.

1. I don't have to try to remember that positive mantra.
2. I don't have to take time to visualize.
3. My stress level needs a lot of poking to get me, 'bothered'.
4. I sleep really well.
5. I don't spend mental time berating myself for, 'falling off the wagon. If I do eat a somewhat fatty meal or treat, my faux faux fades into the background. I stop chastising myself and just go back to my new ways.

Well Eleanor, that's the lot. I think your readers will identify with my former plight whether it had to do with eliminating pain as in eliminating it through weight loss. When you are heavy your family and friends, at least the thin ones, peg you as a, 'never-ending-eating-machine', which is mostly untrue. They have no idea that pain stops exercise. I feel so uplifted, so hopeful as well as 2 stone lighter with knees that seem to be on the mend.

I hope my story helps another Baby Boomer or senior.

Sincerely
Garth

One Last Note Here

We agree with Garth's findings. We do think that most overweight people do not eat more than regular people. The lack of exercise because of pain and not making those healthy food choices are the culprits.

What you are about to read in the next chapters are the secrets of reducing 'p—n', the secrets to weight loss, and just plain, 'how to get healthy', shared with us by Boomers and Seniors all over the world.

In truth the information you are about to read is, 'out there'. But it's not often presented in regular newspapers, magazines or television. Who knew what we now know, from Garth, about hypnosis?

eMailing, Boomers and Seniors strip away the scientific jargon and present easy to follow suggestions that have worked for them. The next chapters are filled with their remedies.

Consider hypnosis as one of them.

Chapter 5

How To Strengthen Your Bones

How To Never Fall

- You **can** heal.
- It's never too late.
- There are no shortcuts
- You need to take the time to heal.
- This is the time to rearrange, Your Priorities.
- If not now, when?

The Schwarzbein Principle II
Doctor Diana Schwarzbein

As we start chapter 5 be aware that most Baby Boomers, Junior Seniors and Senior Seniors who emailed their success stories and 'turn-around- stories often included documented proof, they got from their doctor(s). What follows is, 'no-pie-in-the-sky.' anecdotal stories.

Retiree contributors went to great lengths to explain their sources of research, studies, lab tests and literature researched. None of what is presented is off the cuff, never tested information although much is anecdotal. That's why you must talk to your doctor before implementing any suggestion presented by a retiree.

Your computer access to the NET, your library and your local bookstore can confirm the information Boomers and seniors emailed.

BUT...

Never for a minute think that this book holds, 'all you need to know'. Perhaps something you read here will not, 'sit well' with you or your doctor. Perhaps the information is not complete. We try our best to prevent errors but as we said none of us is a doctor, nor the contributors.

Please do your own research, **consult your doctor**, regarding anything you read in this book. As well, should you spot an error in our information, please email us so that the mistake can be corrected.

The Question Begs

The questions that begs an answer :

"If the information is readily available, why haven't I read it?
Why am I not A-1 healthy?"

The Answers

- 1) Laziness. Who wants to plough through research? Not your average Joe or Jill.
- 2) Hard To Understand: At best we read short excerpts of studies in newspapers and magazines. They are often chock full of, "I don't understand this, so skip it."
- 3) Confusion: To-day the media says, "It's healthy today." Tomorrow the media rescinds the whole thing.

Senior In New Mexico, Struggles

To.....: fantasticretirement@gmail.com

From.....: Surria F. New Mexico

Dear Eleanor

I'm a frustrated Baby Boomer. I have a failing grade in Health. I do read the latest news on health, nutrition and exercise. I find it frustrating to implement a health idea such as taking a supplement, adding or subtracting a food or trying a new diet. It's a constant struggle to believe what is the correct thing to do.

I don't know what are the best things to do for good health. Is there any way a whole bunch could be put together and written in every day language?

Thanks

Surria F.

Many more emails echoed what Surria asked. Those emails prompted us to send out our request for health success stories.

Studies, Research & Proof

From here on in, please be aware that we have published the health nuggets, tips and stories from retirees which worked for them. We have changed medical terms to more understandable words. Where Boomers and Seniors included studies and titles of studies, we have taken the liberty in omitting that information. We want this, 'read,' to be short and understandable without scientific jargon, research, etc.

You can search the NET and books, yourself, if something doesn't 'ring true' with you or your doctor.

The Liberty We Took

We have:

- boiled emails down to keep the information short and to the point.
- Our aim is a smooth, easy to read, compilation.

Your Doctor

We have said many times:

" Consult your doctor or other health care practitioner before adopting anything you read on these pages."

What To Adopt?

It's worth repeating: Do not adopt a 'gizzillion' ideas from this book all at once. That's a recipe for failure. Select and implement one or two at a time. Plus, talk everything over with your doctor.

Finally, We Begin..... BONES..... That Is **Your Bones**

To.....: fantasticretirement@gmail.com

From.....: Aretha and Dillon W. Alabama

Hello Eleanor

My wife and I have a question. How can we keep our bones healthy?
Suggestions would be appreciated. We have some books but they're, 'hard-going'.

Thanks

Dillon W.

Gerald 'Talks' Healthy Bones

Gerald S, of Great Britain sent this information.

- Have a bone scan in your 40's or 50's. This gives you a base line to compare to when you are older.

- I also found out that you can have a poor bone scan result which should never be taken as 'the ultimate'; as in, right away you are going to have a hip fracture.
- More is involved in bone health than is shown on a scan, but a poor bone scan could be a wake-up call.
- Poor diet and lack of exercise will definitely lead to weak, fragile, easily broken bones.
- Every three months your skeleton replaces itself. (Hence the importance of diet and exercise.)
- It's not uncommon to lose 2% to 4% of bone mass per year.
- I believe that both men and women do not get enough calcium in their diets. I believe, from all my research, that both men and women over age 50 should take a comprehensive calcium supplement so that a man gets 1000 mg. of calcium /day and woman, 1500 mg./day.

Gerald S. Great Britain

Calcium

from **Candice A. in Alberta, Canada**

- Bones retain 99% of your calcium

The Teeter Totter Syndrome

- Did you know that your blood needs calcium? Your blood needs a precise balance of calcium to its other components. If your blood calcium dips, where do you think it 'steals' it from?
- RIGHT.... Your bones!
- Bones need to constantly repair and heal as well as replace themselves.
- As we age, bone thins. You need to 'do stuff', (eat right, do weight bearing exercise and take a supplement), to hang on to the bone you have, plus build and repair bone.

Candice A Alberta

Visit A Local Nursing Home

Go to any 'home' where aged people are cared for. Notice that many residents are bent over, both men and women. What you are seeing is poor bone health, for years.

Puzzle

What country or area has the highest rate of osteoporosis?

Europe

China

Japan South America
North America Australia

We are calcium-depleted poor souls, in North America. It's also probable that Europe, especially Britain, Australia and any other, "advanced" country, is closing in on the U.S./Canadian fracture rate.

To quote a newspaper article with the latest research:

"People over 50 should treat osteoporosis as a **deadly serious issue**, says a study released by the Canadian Medical Association Journal..... in an osteoporosis study of 7,753 people."

"At least 1 in 4 women and 1 in 8 men have osteoporosis."

"1 in 6 women over 50 will break her hip during her lifetime"

"...compared to breast cancer, 1 in 9.

What to do

Get a bone scan right now; both men and women; something to compare to, later in life, which will clearly show if you are losing bone. Be aware, that in general, there are no bone density specialists.

Let's Examine How Well Your Bones Are Doing

Gary and Bea D., of Idaho sent this list. It's the list they feel indicates whether or not you are on the slippery slope to arthritis, which is a bone problem.

- You push off from a chair or a table when getting up to stand.
- It's hard to stand for an hour or two, straight.
- Walking for exercise just isn't done. (Shopping doesn't count.)
- Your resting heart beat is more than 8- beats a minute.
- You haul yourself up stairs using the banister.
- Your finger nails are brittle and break easily.

Not Enough Calcium

Most literature states: We need 1500 mg. of calcium, daily.
Most of us get 550 mg. daily.

Janie S. Ireland

The Bone Robbers

This title sounds like the title of a movie. The robbers are those things that steal calcium from your bones in order for your body to deal with an immediate health issue. (Poor bones!)

- excess protein daily.... tons, steaks hanging over the plate, often.
 - sugar:-all types:-honey, molasses, corn syrup, (Which is sneaked into most processed foods, the white stuff, the brown stuff, etc.
 - salt:- that is too much salt which we eat truck loads too much of
 - the wrong fats and plenty of them; such as lard, margarine, fake whipped cream, (check out what the cream is in commercially made doughnuts and cakes. Once you know you won't eat it any more.)
- NOTE: We will talk about, "the good fats", later... which you need, need, need.
- Some drugs:-talk to your doctor..that could affect your bone density.
 - alcohol
 - tobacco
 - lack of exposure to sunlight
 - little or no exercise
 - toxins (Several politicians in Ontario, Canada were invited in Sept. 2007, to have toxicity tests. Boy did they get a shock. All had 62 toxins in their bodies. Quite an eye opener)

The Scary Part :- Toxins hang out mostly in fat cells and Lord knows we have enough of those critters. The fatter you are the more toxins you house. (Whoa, got to ditch the 'dunk'in doughnuts' and all their cousins)

- stress

Terri B. California

To.....: FantasticRetirement@gmail.com

From.....: Ellen T. Ontario Canada

Consult Your Doctor Before Taking Any Supplement

Hello To You

I have just read very worthwhile information in our local gazette. A doctor writes a column and to-day's was an eye-opener because I thought I knew a lot about calcium. Here is some of what he wrote;

“....do you know that calcium supplements may cause an increased number of hip fractures”

This caught my attention because I have taken calcium for years and thought, “this is ‘crazy’”.

He quoted, Dr.Bishoff-Ferrari who, “.....”says that the most important thing to remember is that bone is not just calcium and that this mineral does not function in isolation.” Her study came up with two surprising findings.

“.....that higher, (than normal) calcium intake does not reduce hip fractures....”

“ taking calcium supplements without Vitamin D may cause a 64% increase in hip fractures.”

“... there must be a balanced amount of calcium and phosphate to build calcium into bone... that the elderly, (I’m sure this applies to anyone over 50), are not eating enough protein to absorb sufficient phosphate.

“If we have enough D, (1000 units/day), we will automatically increase calcium absorption avoiding brittle bones.”

Dr. Bischoff-Ferrari continued, “D improves the strength of muscles. She says muscle needs 3 things, vitamin D, calcium and protein.

In North America, for much of the year, the sun’s rays strike at an oblique angle making it impossible for the skin to manufacture D.”

“Milk provides 300 mg. of D, PER GLASS.

“...Lettuce, celery, other vegetables will add some D

He said that,“Diet alone will not enable you to have a sufficient amount of D. So it’s prudent to take 800 to 1,000 IU of D daily as a supplement.”

I was pleased that my calcium supplement contains the correct ratio of D to the calcium. It is scary not to get D and I thought readers should know this.

Take Care

Ellen T.

CONSULT YOUR DOCTOR, FOR SURE, BEFORE TAKING ANY SUPPLEMENT!

Your Gut & Bone Density

Hello to Fantastic Retirement

My name is Jake T. and I live in Florida. I moved here to get more sunshine and a more active lifestyle AND to get away from the weather and snow in Idaho. I do not want to be stooped. There are plenty of people in, 'my park' with a little stoop.

(From your book, Pain Free Body, I constantly remind myself, as I walk my dog, to stand tall. That means lifting one knee with every step, just a tiny bit. Your leg going forward...just lift that knee for the slightest bend.

If you do this somehow you stand taller...that is walk taller. In the house I have to remind myself constantly to stand tall with my chest pointed up towards my chin. Doing both of these ensures that I will not stoop.

So, tell your readers to lift the front walking knee, ...a very tiny small amount as they walk and do it with every step. The knee lift is so tiny that no one will notice. As you walk you constantly remind yourself to lift that front knee just a tiny bit.

Yu'll see. It works to ease your back and walk taller.
Jake T.

Your Gut Affects Your Bone Densit?

To FantasticRetirement@gmail.com
From... Gail T. California

Good Morning to you

I just got the email you sent out regarding good health practices in retirement. I was diagnosed with osteoporosis. Here's some of my symptoms that have developed since I was age 51. (now 71).

I have back pain probably caused by too many years sitting to sew, my neck is forward leaning and I slid off a stool, going not far to the carpet, and yet I broke my wrist.

Here's what I am doing to improve my bone health all elaborated to me by my doctor.

1. I am eating more leafy greens and canned salmon with the bones.
2. I walk 2 times a day for 20 minutes each and I go to a weight bearing class twice a week to strengthen my arms, legs and back.
3. I take a calcium supplement and I take D3 (600 IU) which I'm told helps the calcium to be absorbed.
4. Calcium rich cereal and orange juice were also suggested but I avoid them because they cause weight gain for me.

I Became Proactive

I wanted to be more knowledgeable about my bones so I started researching on the internet and to my surprise I found that one's gut plays a roll in bone density. I whittle away at the above list but I felt there had to be more.

On the following list, I was doing the first 2 but anything concerning osteoporosis and my gut was news to me.

“And what fuels the disease are these:

- too many of the foods that cause bone loss
- not enough of the foods that promote bone formation
- the wrong balance of foods needed for a healthy gut”

My Gut Health

I found out that, “**There are many, many inflammatory diseases:**

heart conditions	autoimmune diseases	joint conditions	allergies
liver conditions	kidney disease	hyperthyroidism	arthritis

and the list goes on and on. That list includes osteoporosis

A review of studies published in the, ‘Journal of Endocrinology’ found that high levels of inflammatory markers in the blood stopped the body from remodeling – which means ‘creating’ – new bone. In healthy bodies, bones break down and then renew all the time. It’s an ongoing, natural process. If you suffer osteoporosis then your break-down and renewal process has become faulty. You’re breaking down a little more bone than you’re renewing.

That deficit continues over time, steadily thinning out your bone density, leading to fractures and breaks. Mine used to be exactly like that. Inflammation is a direct and indirect cause of that faulty bone renewal process.

Inflammation in the gut

Chronic, ongoing inflammation is not directly felt.”

I didn’t know I had gut inflammation.

I found out that gut inflammation is tied to all those illnesses listed above. My concern was osteoporosis.

To stay well you must keep your gut healthy.

Gut health is directly affected by the bacteria in your gut. Inflammation thrives when the bad gut bacteria outnumber the good ones. Increase, 'the good' and many of your health issues will disappear. That's what I do.

Eat probiotic foods to boost good gut bacteria

I consume probiotic foods every day to boost the good bacteria: Greek yogurt without the gel, fermented bottled foods like sauerkraut and I make and drink ½ a cup of kombucha, a day...which I learned to make and it's not hard to make.

Supplements I have read every probiotic bottle of 'pills', in the health food store. I buy a high quality multi strain one that is stored in their fridge, (always refrigerate it). Get one that will go through your stomach acids without being broken down.

Prebiotics... Varying them daily, I add frozen berries, chia seeds, flax seeds to my smoothie or yogurt. I eat lentils, peas, chickpeas and beans....in salads, soups and main dishes

Practice stress-management techniques

Stress can influence the microbiome in your gut, too. Constantly having high stress-levels contributes to a poorly functioning gut.

The body's longest nerve, the vagus nerve, goes straight from the gut microbiome to the brain. Research has found that, similar to having lots of toxins in your environment, having very high-stress, blocks the vagus nerve's function. Ultimately, ongoing stress prevents your gut from working the way it should.

Techniques like **deep breathing, meditation, mindfulness, and getting adequate rest** can help.

Stay active to keep your body healthy

Exercise and physical activity can help your gut, too, and not only by supporting a healthy weight. "We've seen research that the more active someone is, the more positively it affects the microbiome," Bard says.

As with everything, moderation is key. Gentle activities, such as walking, cycling, yoga, or swimming, can keep you moving and improve your overall well-being.

Gail T. California

The Wowie of a Two Pound Weight Loss

We're back to the weight loss issue. We apologize to all those, "Over 50 retirees" who are reading this and have been smart enough or blessed enough, to have maintained a proper healthy weight. But since there are so many of us who have not, we have to keep returning to the weight issue as it is tied to health.

I just found out the reason why we should lose weight at a rate of two pounds a week. (Yes, it's true every chubby buddy wants to lose 10 pounds by to-morrow.)

The research I have just read states that losing more than 2 pounds a week stresses your liver and as a chain reaction, your whole body is stressed.

The Reason:

Your poor liver works like a Trojan when 3 or more pounds are lost in a week. Your liver is screaming because it's in overdrive trying to rid your body of a load of toxins which are now in your body with nowhere to go because their previous home, those extra fat cells are now gone.

Losing 2 pounds a week means that your body can adapt. Your liver can keep pace with unloading the freed-up toxins, at a reasonable pace.

So, I have shelved losing 8 pounds by Monday.

Tracy A. New York City

Cave Men & Women Compared To Us

- ate tons of vegetables and fruit:-so they consumed more Vitamin C,B, iron & folate
- ate way, way more fiber
- ate 10 times less salt
- ate next to no sugar other than in fruit or rarely, honey
- drank next to no alcohol
- obviously had better bones

Kerri A. Minnesota

Biggest Hitters

Matt L. of Scotland submitted this.

My Dad died from broken bones. Too many broken bones led to pneumonia. Broken bones are not going to happen to my wife or me. Here's what we are doing about our bones.

- We are knowledgeable and proactive about 'ph eating'. (More on this in a later chapter.)
- We limit salt and sweets.
- We mostly eat home cooked meals
- I have only 1 beloved coffee a day and Sheila has none. Otherwise, our hot drink is herbal tea that is caffeine-free.
- We have mineral water more often than beer at our local. We never drink soda.
- We gave up smoking years ago.
- We walk right before lunch to take sun and we walk a long way.
- We brush and floss our teeth twice a day. (Jaw bone loss and receding gums can be early signs of osteoporosis.)
- We exercise regularly. (More on this later.)
- We are very conscious of what we buy at the market. For instance, we buy yogurt, nuts, seeds, salads, beans, lots of veg., berries, for sure with lots of brightly colored fruit and veg. being our staples as well as rye bread.
- We eat modest amounts of meat, poultry and fish although we think fish is best.
- We have transitioned to oats, barley and quinoa. (It was a surprise to find out that quinoa has lots of protein in it. We often have it instead of rice, as a side.)
- We mix in the grain amaranth. (More about amaranth, later.)

Matt L. Scotland

The Exercise Factor

According to research and Lainie T. in Idaho,: Walking is the best way to improve your bone health. But you will suffer poor bone health' if you don't strengthen your muscles as well.

Walking is aerobic exercise and using weights or exercise bands are what your muscles need. Lainie wrote,: "I have weights up to 15 pounds and exercise bands. Neither cost much. I walk every day and one day I work the muscles on my,' top half' and the next day, I work, 'the bottom half'. I only miss on Sunday because that's the day the family comes."

Lainie T.

Take an exercise band and tie both ends so that each end has a loop which will not tightened over your hands or feet once you start to work out with it.

Next, tie something small in the middle of the band such as a small wrench. Then hang it over a door with the wrench up at the top on the other side of the door. Shut the

door..... there's your BOWFLE for the upper body. For your lower body, place it at the bottom of your door, with the wrench on the outside and close the door. There's your BOWFLEX for your lower body. Grabbing a loop in each hand, work out facing the door...at least 4 exercises and then face away from the door and do 4 new ones.

The next day, slip one loop around the bottom of a sofa leg. Step away the full distance of the band, slip the other loop over your foot and presto, you can do all kinds of exercises for your legs.

To Supplement or Not To Supplement

Obviously, this is personal to you or you and your doctor. If you don't or haven't discussed your calcium needs perhaps you will talk about it to a naturopath, an holistic doctor, an iridologist or a nutritionist.

To.....: fantasticretirement@gmail.com
From.....: Carson and Janice L. British Columbia, Canada

Everything I read about taking care of our bones says, eat right, exercise and take supplements, such as a multi vitamin with minerals, calcium plus magnesium and vitamin D. Our doctor agrees. So, we do this. For sure we talked this over with our physician before we took anything.

Sincerely

Carson L.

We reiterate, talk to your doctor before taking anything, prescription, herbal, or anything.

Acid or Alkaline

How acidic or how alkaline the meals you consume contributes vastly to your health, which obviously includes your bone health.

Acid/Alkaline eating has a total chapter devoted to it.

Jim's Exercise Regime

To.....: fantasticretirement@gmail.com
From....: Jim U. Florida

My name is Jim and I'm 64 years young. I live all year in Florida, even in the summer heat.

We have a beautiful gym in our complex and I just thought to email you about how I maintain my bone health. My doctor provided me with some bone health reading. I have adopted all of the suggestions. Here's what I do.

- I walk briskly, daily with short bursts of walking very quickly. I walk for 40 minutes.
- I use a rebounder, there are 4 of them in our gym, (This is a mini trampoline). What I have read is that a rebounder moves the lymph in your body; because it
- needs to get back to your liver. The lymph system does not have pumps along the way like your blood system has. The normal sort of 'ups and downs' in a day are not enough to get the lymph moving as fast as it should. Lymph takes the toxins to the liver and thus out of the body. Rebounders are the best answer for this.

These also improve my bone health.

- I use the gym weight machines 3 to 5 times per week. After all a retired guy in Florida has the time plus it's a great place to talk to people.
- I work out at 70 % on my maximum heart rate.
- I learned after a sprain to always warm up and cool down.
- I love to dance. I 'trip the light fantastic', twice a week.
- I also golf.

Yours truly

Jim U.

To.....: fantasticretirement@gmail.com

From...: Betty S. Arizona

I am a retired Baby Boomer living the fabulous life. I plan to live to 90 or 100 without the aches and pains I hear about. I walk and strength train regularly and I have been told I am in fabulous shape for a 71-year-old. (Do I use the word 'fabulous', a lot? Wonder why.)

- My chances of suffering a heart attack are low.
- The possibility of breast cancer is reduced 50% because I am active.
- I read that 1 hour of exercise translates to 2 to 3 hours more on my lifespan.
- My chances of breaking a bone get slimmer and slimmer as I build more and more muscle which I am doing. I can cart a ladder which I couldn't do before.

I liked the story in your book, **"12 Steps To A Fantasticretirement"**, about the doctor who took his friend to a retirement home. The doctor's friend/patient was somewhat horrified when he saw the heart wrenching shuffling of the oldsters. Then the doctor showed him a video on his phone, of the same old folks, 6 months prior. The friend was shocked at how much better they moved even if it was a shuffle. It opened his eyes and it opened mine as well regarding getting active because the old people were far more able to walk and do things when he saw them because they all participated in an exercise class every day.

I like to walk and I have joined a lady's club that's lots of fun, where we work out our muscles, I also do yoga and I walk the neighbor's dog 3 times a day whenever I can. Plus, if we girls want to do lunch', we walk the 2 miles to the restaurant and walk back.

I don't plan to 'kick it' early. If exercise and eating right are life extenders then I'm 'in'.

Your Gal, Betty S. in Arizona

Biggest Hitter

Whether you have been active, all along, or you are a, 'great big "sitter"', you can change what you eat and how much you walk and exercise. If you don't own weights or bands go buy them, they are cheap enough.

Hates Winter With A Passion

To.....: fantasticretirement@gmail.com
From...: Elaine B. Northern Ontario Canada

Hi Everybody

Well, you've heard about being in the wrong place at the wrong time. Well, that's were I've been all my life. I'm a Baby Boomer itching to retire. My husband and I want to be snowbirds in the worst way.

I hate snow, I don't ski. I will not walk when my breath is getting frozen to my cheeks. Shoveling snow is hateful and it hurts. You won't catch me on a toboggan if there was a thousand bucks for me at the bottom of the hill. I use kitty litter scattered on the walk to prevent the mailman from falling and suing the 'pants off me'.

I 'hole' up in front of our gas fireplace as much as possible during the winter. Darn it, I fell in love with, a 'Northerner' 30 years ago, and never did get even remotely south, say to the banana belt,(my Dad's title for the Niagara region). Yes, the,'husband' likes

to hunt, fish and tramp the bush. This crazy Northerner of mine even goes ice fishing, if that isn't the most 'nut-o-thing' a person could do: sit in a hut- waiting for a fish to bite.

So, where does that leave me for 6 months of the year regarding exercise. Well it doesn't. I got fatter and fatter. Hated myself. Dressed and undressed when himself was out of the bedroom. (I'm fast.) Nothing beats a flat stomach and the only way to get one is to be lying prone when the husband gets romantic notions. Works for me.

So, what did I do, I fell in love with another man. Who was he?

Tony, as in Tony Little. That's Tony Little of Gazelle fame. What's a Gazelle you ask? Well, it certainly isn't some animal in Africa. He's, Tony, of Shopping Channel fame. We are now bosom buddies although Tony doesn't know it yet. After all what's a girl to do in the dead of winter when you have to plug in the car all night just to make sure it will start in the morning, never mind go out in the freezing still dark morning, to start it so that you aren't getting into a block of ice.

Like I say, what's a girl to do other than watch television, even the Shopping Channel? I watched this Tony guy on T.V. with all his little, fit helpers, glide on their gazelles, loved the pounding music and finally exercised one finger by dialing the shopping channel.

Well exercising one finger led to a great huge box arriving at the door a week later. Who would ever think of trying to pack this thing up to send it back? It weighed as much as a moose. So, there I sat on the family room floor with great pipes, bolts and screws. My option was to throw it in the snow bank or flutter the baby blues at himself. It worked. He put it together and couldn't believe that I wanted my gazelle, (You see as it got built it became, 'Your Gazelle', or should I say, 'My Gazelle?'), in the family room as versus the basement.

(You know I hear that folks in Florida don't even have basements. I wonder why not.)

I have 2 kids at university so there was no competition for time on the gazelle. At first, I didn't think it was much of a workout. I pump or is it glide/ more and more and more. Well, Hello! It is a work out. Yikes my legs, my arms, my guts, the whole works started to complain.

But it was a, 'good complain'. I had muscles everywhere that were starting to holler.

It's amazing that 10 minutes of exercise can lead to 12, that lead to 15 that lead to a whole 30-minute T.V. show. There was something to this. When you start to lose weight, even a little weight, you get perkier. You find that the jeans aren't so tight; the

husband likes his hugs, my mother, the original, 'put-me-downer', noticed first, then a girlfriend and then my hairdresser. We do have hair dressers way up here.

As they say, one glide, leads to another glide and whoa, I don't want to shock you senseless but I started to entertain ideas of using the dusty cross-country skis that hole up in the garage. It's going to have to be a sunny day. You know the kind where the snow is all sparkly.

The 'husband,' is always kidding me about, 'Tony', but that's alright. From now on we are a 'threesome' and that man of mine is not complaining in the least. He says he's getting, 'his girl back and loves it'".

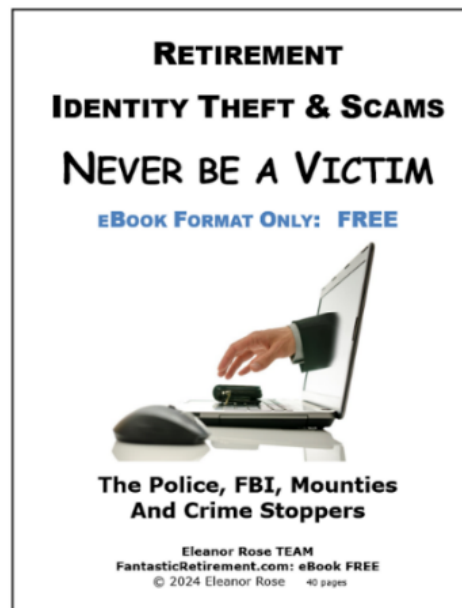
So, do I. I love it. There's no excuse for no exercise when the temperature is way below zero. There's an answer for everything.

Take care.

Elaine B..... b-u-r-r-r-

A soon to be retired, Baby Boomer, Elaine is working on bone health along with a shapely body.

Stay Safe, with our other free ebook at [FantasticRetirement.com](http://www.fantasticretirement.com)



Chapter 6

How To Vastly Improve Your Health The Reasons To Eat More Fiber Foods

To.....: fantasticretirement@gmail.com
From.....: Courtney A. Mass.

Dear Eleanor

I want to share with you a little incident with my granddaughter. I won't go into them, but I have health problems that result in a lot of pain.

Through my 40's and 50's I ignored the 'health clouds' appearing on the horizon. You could say, "I wasn't watching the weather."

My problems are common amongst my family and friends over age 50. What I ate and my lack of exercise, nibbled at my attention. Basically, I refused to acknowledge that I needed to change. Change spelled too much effort.

Why Courtney's Retirement Was Less Than Perfect

As I approached retirement my pain worsened. It seemed that retirement came at the right time. In reality I was accepting decline, degeneration, disappointment. I was disappointed with life as a retiree because I have been so consumed with dealing with p__n.

Now you would think that meant

- putting down the TV remote
- eliminating the corner store stops to buy potato chips
- eating 'out' every chance I get
- arranging errands to coincide with a fast-food place

I ignored all the warnings of impending doom. I was a ticking time bomb headed for an early grave.

Amanda The Charmer

It was my little blond 5-year-old granddaughter who put my p __ _ n in the most prophetic spotlight. Amanda is a five-year-old charmer with the gift of the gab. We talk and talk. One evening on her weekly, 'sleep-ove,', we talked about my p __ _ n.

I showed her where it hurts. She was all inquisitive as to why it hurts and what is under the skin.

I explained that there are cells; very tiny cells, in all parts of your body. She delighted in the fact that food becomes 'slushy' and then like thin water it rides along in the blood. Each little cell, I explained, sucks in the good food and sends out the junk,

She wanted to know how the junk got out of our bodies. (You know, the stuff that comes out in the toilet.)

I can always tell a pain spot by the hardness I can feel, under the skin, at a pain point. Amanda touched and pressed on several. She said, "Grandma I know what's wrong. Your Baby Cells, right here, (as she pressed on my leg), are crying. Grandma, they cry because they don't feel well."

Out of the mouths of Babes.

It Worked For Me

That visualization of my, 'Baby Cells', crying out, stuck. It was true, they were crying. At 60 I decided to stop the crying. I started with my doctor, a support group, orthotics in my shoes, an iridologist to help crystallize what was wrong with me, the lady at our health food store, a vegan lady who lives three doors down and a younger woman who teaches, Physical Education, at our local high school. (She's a friend's daughter.)

Plus, I read and read and read about how to improve my health.

I am doing better. I am no longer on pain medication and I help my, 'Baby Cells', every day. It's my job and my life. 'Crying baby Cells' is a good visualization, especially when they are your own, 'Baby Cells'. If you publish my letter perhaps someone else will take pity on their, 'Crying Cells', and work towards health and longevity. Thanks for 'listening'.

Courtney A.

The Answer

Anybody who hurts enough, must have cells that cry. The answer is to treat the cause not the symptom, which can be easier than you think.

To.....: fantasticretirement@gmail.com
From.....: . Christopher C. Scotland

Christopher's attachment!

Hello From the North of Scotland

Christopher here, on a cold, damp drizzly day... the kind we have frequently. I'm known as Chris or otherwise, 'Lord of the Manor', just joking. My manor is a modest establishment.

I have the tiniest house in the village and up until two years ago I was a retired gent with the tiniest knowledge about helping myself to better health. We have a room in our wee Book Exchange where the traveling nurse will see anyone on a Friday. I was a frequent visitor.

Heather, that's her name, said that walking wasn't enough. If I wanted to stop the belly aches, the arthritis, the constipation, I had to come to grips with my diet.

The Power of Heather

Heather has great sway with the Book Exchange lady. Book after book was handed to me, one per week. What were the topics, you ask? Well, it was eating, specifically what to eat. I'm a dab hand at the cooker and I know my way around a cutting board.

Nearly all the books explained that nearly all illness stems from life **style**, which means there was a huge pointer to the food you put in your gob and the muscles you build plus how to get your heart to exercise.

I already knew all the stuff about sugar, diet soda, coffee, my tankards at my Local, etc.

The Big Deal For Chris

The thing is, I didn't really have a drop of learn'n about eating fiber. To me fiber was what sheep eat. I found it a puzzle. What foods were high in fiber and why would eating fiber count for so much?

It appeared that maintaining good health, reversing poor health and losing weight are explicably tied to how much fiber one eats.

Who knew that?

At first, I thought I would have to adopt a sheep's diet. I suppose it doesn't take a brain surgeon to fall on the idea that foods such as brussel sprouts, cabbage, and garlic lessen your risk of some cancers and heart problems. I knew that.

Chis' Learning Curve

I did not know that eating more fiber would:

- bring my weight back to normal without any grandiose diet. (Who knew?)
- improve or eliminate my health issues associated with inflammation, indigestion, heartburn, constipation, diabetes and arthritis. (Other ailments greatly helped by eating increased fiber are: fibromyalgia, colon tumors, breathing problems, asthma, chronic diseases, high cholesterol, even some types of cancers, improve vastly, I read.)

It seemed a stretch to think that eating more fiber would do all this. If it was so, why didn't everybody eat more fiber? I read and read and talked to Heather a lot. I never realized that I was eating about **8 grams of fiber** a day when I should have been throwing back, maybe 40 grams. Heather says that women need to eat 35 grams of fiber a day to be healthy.

Surprises

1. High fiber foods take more energy to digest. High fiber foods, all by themselves, burn calories.
2. High fiber foods are dense. They take more time to digest. The result:
 - ✓ You stay full longer
 - ✓ You feel satisfied

Fiber minimizes energy spikes, (which my cream buns caused). In other words, by eating fiber instead of sugar things I avoided the immediate "High" and then the "Low" that follows. And it's true; I did feel those things from cream buns, all the white bread I ate, (which apparently easily converts to sugar in your body), my ale and my stack of potatoes and gravy, I ate with every dinner.

3. I learned that my 'poo' should float in the loo. (Anyone who watches the British 'poo' aficionado, Gillian McKieth, on the Telly, knows all about healthy 'poo'. A 'poo' that floats in the loo is your biggest indicator that you have eaten sufficient fiber.

Who knew 'poo' was important. The second aspect is that fiber ever day, cleans your colon, gets the, 'stuff' out of you. This means that you drop your chances of colon cancer and other colon problems significantly. I thought that was a great reason to increase fiber in my diet.

4. I knew about the, 'Drink 8 glasses of water a day", idea. What I needed to adopt was more water because it's crucial when you eat lots of fiber foods. Particularly, your colon needs water. (I read that the autopsy on the old western movie star, John Wayne, showed his colon held 2 stone of hardened feces. Isn't that an awful thought. Apparently, the nooks and crannies of your colon, housing this dead stuff, recycles toxins back into your body. What else can it do with fiber?)

Babies get It Right

5. Babies 'poo' after every meal. Adults: usually once a day. Where is the rest of it? How 'backed-up' can you get? As I said, I found out that the 'back-up' stores toxins and bacteria which eventually filter back into your body. Yuck!

Weight Lose Is A Snap

6. To lose weight or to stay healthy you don't have to count calories.
Count fiber grams. Read labels. I now count fiber grams and make sure I eat about 40 grams a day.

A Colonic: Not For Chris!

7. Backed-up colons can be flushed through a colonic process done by a trained therapist. For some people it's a necessity. For me I opted for a cleansing product which I take for 15 days. It does the job. I do this twice a year.

Big Belly

8. My big belly was an indicator that yeast was living well in my gut.
A yeast cleanse brought the puff down, caused weight loss and really reduce my gas and burps.

Parasites

9. Once a year I do a parasite cleanse. I saw things on the internet, like worms. etc. that live in your gut without you realizing it. The indicator is feeling unwell. Apparently, they get into your system in a variety of ways such as fresh veg. which you must eat, the dog licking your face, etc.

I've talked so much to Heather about your web site. I persuaded her to email fiber information to you.

I hope you can use all of this that I wrote.

Yours in Health

Christopher C. Scotland

Heather Spells It Out

True to form we felt that Heather's, 'take' on fiber, was excellent and easy to understand. She too, sent an attachment.

To.....: fantasticretirement@gmail.com

From...: Heather M. Scotland

Hello Eleanor

I have never emailed anyone. Chris will take my written notes and send them on his computer.

It's been a joy to guide Chris back to good health. He has read everything I have loaned him as well as the books from the Book Exchange. Chris' health has improved so much in two years. He's a really wonderful example of what can be done.

The first thing I will share is that there are two types of fiber and you must eat both every day. I will not go into the science of it. I will make it very understandable.

Soluable Fiber

- fruit-especially peaches, oranges, apples, cranberries
- vegetables-especially beets, carrots, peas
- grains- especially oat bran and barley
- lentils

Insoluable Fiber

- vegetable-especially the skins of vegetables eg. potatoes and sweet potatoes
- cauliflower
- grains- especially quinoa, amaranth, (ancient grains), whole grain breads, cereals and pasta, oatmeal, wheat bran
- fruit-especially the skins
- beans (The type you soak and cook or buy in a tin)

Why Fiber Is Good

Fiber is the part of plant food that you do not digest. Meat, chicken, dairy and fish do not contain fiber. I'm definitely not saying, "Avoid these foods". What I am saying is increase your allotment of fiber, daily. The nutrients in fiber are vital to good health.

I, too, agree with Chris' findings that a man should consume 40 grams a day and a woman, 35 grams a day. Fiber foods bring so many fabulous nutrients into your body. "An apple a day", was said for good reason.

Fiber Alternatives

There are alternatives to food to getting fiber, but food is your best source. You can purchase tasteless, odorless, clumpless, fiber powder to add to juice or a smoothie. Also, some protein powders meant for a smoothie drink, contain fiber. Look for one that has 10 grams of fiber and 20 or more grams of protein. There are also protein bars that have 10 grams of fiber. Beware of, 'junk' bars that are merely sugar and carb.'s masquerading as health bars.

NOTE: I understand that protein powder manufactured in New Zealand meets the highest standards of cleanliness and safety.

Personally, I feel that it is healthy to limit dairy such as milk and cheese as well as Durham wheat which most breads, food coatings, etc. are made from but before eliminating foods, talk to your doctor.

I find that people with stomach problems are often affected by the gluten in bread and wheat products, and processed foods. If you have indigestion, or the like, try dropping wheat for a week and see how you feel.

Not So Fast

Lastly, increase fiber, daily, at a slow pace or else you will have tummy ache. I feel that it's important to write down all the foods you eat in a day and chart the number of grams of fiber you consume. As your fiber intake increases your health will improve.

You'll see.

Yours Heather M. Scotland

P.S. Your doctor very much needs to be consulted before you increase your intake of fiber because another illness may be affected.

Tons of thanks to Chris and Heather in Scotland.

Readers: Consult your doctor before making changes to your diet.

**Do visit, [www.FantasticRetirement](http://www.FantasticRetirement.com)
if you are interested in being successful and staying as,
'young as possible through your years of retirement.**

Chapter 7

Believe it! You are a Science Experiment!

To.....: fantasticretirement@gmail.com
From.....: Albert S. Indiana

Hello

I thought you and your readers might be interested in my health experiences. I'm a retired guy who finally, 'woke up and smelled the coffee', regarding my health.

Our health channel ran a program, it's two years ago, now, about something I had zero knowledge about. I had never heard of the, 'ph balance' necessary for good health.

I am writing this as a document because I know there will be a lot as I have researched and researched the topic. Now, I will spare your readers that part as they might think I am going to get scientific on them. Well, I am not. I have struggled through 'scientesse', regarding 'ph balance' and found books that explain it very clearly. Those I will 'boil down' for you. I hope you find it understandable and important.

Another Eating Topic That Never Seems To Hit Centre Stage

The first thing to acknowledge is that 'ph balance' from the foods that you eat regards foods that are acid, or as they say, 'acid forming', or alkaline forming. When I started this educational journey, I could not get 'my head around', the idea that foods such as chicken, meat or cheese could be acid-forming. For sure I could see that vinegar and sauerkraut could be deemed acidic but other foods that are acid forming seemed impossible to be so.

Basically, I thought any talk about acid referred to stomach acid and heartburn.

Part 1

My Baby Steps In Learning

After that television program I noticed a book, on the New Books, shelf, in our library, titled, "Acid and Alkaline Eating". Not expecting to turn my eating habits around, that book was Step 1 of my ph education.

I shall 'boil down' the information I have gleaned on ph balance, over a two-year period. It's amazing that there is so much, 'press' regarding the government food

guide, weight loss, diabetes and cancers with so little, 'press' about the vital roll ph balance has to your health. I figured if I didn't know anything about it then tons of other people wouldn't either.

Forget The Factoids

Without quoting studies and factoids, and believe me, I own an extensive library of books on ph balance, I shall do the, 'nutshell' version. I would have been glad of a 'boiled down' explanation two years ago, for that matter, forty years ago.

How You Are A Chemistry Experiment

Here goes:

1. Your body consists of a balance; as in chemically balanced. You need a balance of acid and alkaline components to experience good health. If your body is, 'out of whack', meaning you are more acidic than balanced, (which believe me is easy to be), expect illness, pain, inflammation, cancer, heart disease, and on and on.

No one told me this; for instance, my doctor. I read nothing about ph balance for 62 years. I was totally ignorant. How could something, when 'out of whack', cause such dire consequences and basically, we are not informed. You have to be aware and search it out.

We run for cancer, walk for diabetes, have sales to raise cash for heart disease research but where are the fund raisers to explain what seems to be the root cause of so many illnesses?

The Big Gun That Produces Illness

Imbalance in your ph level is either the source or one of the, '**Big Gun**' **contributor** to illness, poor health or just feeling draggy, sore and/or unwell. I am about to give you a list. I'm not saying that 100% of the list is caused by ph imbalance but I'd bet that fixing your ph balance would eliminate or greatly reduce your problems.

I would bet on it!

Be aware that my list is 'the thin edge of the wedge' regarding health problems tied to ph imbalance.

Do you suffer from:

tiredness	chills	respiratory problems(frequent
colds)		
sinusitis	headaches	cough or infections
inflammation	ulcers	diarrhea
burning on urination	hair/nail problems	indigestion/heartburn
muscle cramp/ache	arthritis	skin problems
osteoarthritis	disc problems	joint pain
low blood pressure	poor circulation	heart disease
fibromyalgia	tendonitis	sweat problems

Scary, isn't it? I'm not suggesting that you try to cure these things yourself. Nor am I suggesting the ph imbalance is totally responsibly for these problems. I don't know you or your health concerns. See your doctor. Ask about ph balance.

But, I'm willing to bet again, that you will get little ph information from your doctor. A better solution is a holistic nutritionist or books. I am also willing to bet that if you focused on eating in a ph balanced manner, many problems would disappear or be greatly reduced.

Just imagine reducing pain by what you eat, preventing a cancer or reducing a cancer's damage by what you eat, feeling great because of what you eat. You will amaze yourself.

Part 2

Whose Listening?

- The American Cancer Society
- The American Heart Association
- The American Medical Association

All state: "Eat fruit and vegetables." But who does? Whose listening. Who eats 6 to 10 servings a day? Why is it a big deal?

Money Talks

For sure, "Money talks". And it's going to take reams of thousand-dollar bills to nurse us, North Americans, back from the brink of death or to maintain us, (or is that, 'house us'), in poor health?

Is there a spot for you in a long term care facility? Don't bank on it. With the lack of doctors and nurses reason it out. A bed in a long-term facility for you will be hard to come by.

Your Future: 3 Choices

Here's what I see as our choices for care

1. a wait list
2. a bed in a low cost or government run 'home'
3. a very high-cost facility

Most of us will fit in 1. or 2.

Without The Jargon

In layman's language here's the drill. You can read the following, ignore it and welcome ill health because it's inevitable if you don't help yourself by what you eat. I say that easily because very few North Americans, (That's you Canadians, too), are ph balanced.

If your joints creak now, if you hurt often, if standing for 30 minutes is hard to do, the 'slippery slope' has arrived. Two years ago, my health bob sled was accelerating downhill. See if you identify with any of my problems.

- I saw many doctors and health care practitioners. All labeled my problems differently.
- maybe I've got heart disease... had a bunch of tests
- swollen lower legs/goat
- Did I have tendonitis?
- insomnia

There's more but you get the message.

Albert Looks For Answers

Where

- the family doctor -3 different specialist
- the chiropractor
- massage therapy
- yoga
- the fitness centre/a trainer
- aquatic exercise
- walking
- TENS machine
- naturopath doctor
- holistic doctor

Isn't that some list? All before I saw that television show two years ago. Now, I'm not saying that as a result I am totally A-1. No I'm not, but:

- I'm smarter.
- I've made changes in my life style.
- **I have improved...a lot.**

Most of my ph info came from books, the NET, my iridologist and my holistic nutritionist. Can you imagine the money I have spent over the years. That's what people in pain do.

Part 3

ph Information Made Easy

1. Your level of ph- that is your ratio of acid in your body to alkaline is measured on a scale or 0 to 14. A score of 6 to 8 is neutral. **THIS IS WHERE YOU WANT TO BE MOST OF THE TIME.**

Lower than 6: is very acidic, very bad

Higher than 8: is very alkaline, not terrible but it's best to be a 7.

2. Why Most North Americans Are Acidic

Now we're not talking about an, 'acid personality'. In the U.S. and Canada whether rich, poor or average, most folks are kind and considerate. But in the main, they are ignorant as I was about the damage wrought by eating too much acid food.

Our North American diet is the culprit, the, 'damage doer'. When your mother said, "Eat your vegetables," she was right but most of us eat maybe 2 vegetables a day and maybe 1 piece of fruit.

What Do We Eat

Mostly, we eat acid foods and acid forming foods. You may find it hard to believe which foods are acid forming. For instance, subtract the salad at a Fast-Food joint, (which we seldom order any way), and the whole rest of the meal is acid forming. The bun, the burger, the fries, the shake or cola, the desert: all acid.

Meat, cheese, eggs, fish, pasta, bread, cereal, sugar, chocolate, soda, coffee, tea, mayonnaises, ketchup, beans, (not the yellow and green veg. kind), and the list goes on. Do we need these foods? YES! some of them daily!

Acid Foods or Acid Forming Foods: fats, carb's, all nuts except almonds, sugar, fruit (because of the sugar), whey, vinegar, honey, berries, citrus,

Alkalizing Foods : vegetables, almonds, chestnuts, almond milk, avocados, brazil nuts, bananas, mineral water.

The Poorer Your Health

We all need to eat more alkaline. But you must not go overboard. Eating loads of alkaline forming foods is a bad idea too.

Strive for 80/20. Yes that's 80% salad and vegetables.

I'll bet if you visualized last night's dinner it would not be 80% vegetables.

You need the 20% alkaline foods like protein (meat, chicken, fish, and calcium, dairy, yogurt, etc. and fruit for their terrific nutrients.

Nobody Said It's Easy but neither is Rotten Health

Those of us hooked on the North American diet- that's meat, wall to wall, (acid forming), a token salad, (alkaline), (dressing-acid forming), a token potato, (alkaline), slathered with sour cream, (acid forming), plus apple pie, (acid forming) and ice-cream, (acid forming); see how acid forming that North American meal is. And we are back to, "Money talks", because the food giants more or less keep alkaline eating a secret. There are no big bucks in selling fresh vegetables as versus processed and fast food.

Diet Disaster

Most of us are in "Diet Disaster mode". An acid body, your acid body, your every acid cell is usually in agony. Cells in agony mean you are in agony. There is no doubt from all the research and reading I have done about Acid eating causing dire health consequences. The North American penchant for very low fiber acidic foods means that we must hurry and build more long-term facilities.

I believe that I could say, "**Change or die young**"; at least years younger than you should. Most of us do not change. We've always known about, "Eat your vegetables". Most of us eat few.

Sounding morbid, but let's hope most of our sons and daughters have gone into the medical profession.

Another part of the pH balance is going for a long walk daily? Is that on your radar screen? Reducing stress helps pH balance and of course the change in diet to healthy food, namely vegetables.

Part 4

Be A Scientist

Testing Acid/Alkaline Balance ;

Buy litmus paper at the drugstore or health food store which should come with a color chart. It should range from 0 to 14. On first urination in the morning, collect a little urine and dip the end of 1 litmus strip in the urine. Note the color against the color chart.

1. This is not the most scientific way to test acid/alkaline balance but it works pretty good. Do this daily and record your numbers. Perhaps do it 2 or 3 times a day to see when you are most acid and connect it to what you ate.
2. Obviously jack up your vegetable consumption a little at a time.
3. Limit restaurant meals.
4. Walk and exercise
5. Increase water drinking to at least 8 tall glasses a day.
6. Ask at your local health food store for products that increase alkalinity eg. teas, herbal drops, alkaline supplements
7. Drink 1 glass of flat mineral water a day.
8. Investigate, investigate, investigate.

As they say, "**No one can do the push-ups for you**". No one can turn your health around except-YOU! I hope my rant on P.H. balance has been helpful.

When I know an acquaintance well enough to try to make a suggestion regarding his or her health problems, say, arthritis, upcoming joint replacement, being over weight, etc., etc., I am met with the, "Ya! Ya! Attitude". They don't want to hear it. Eating ph balanced will not replace a new joint but eating ph balanced goes a long way to stopping the pain, getting mobility back, preventing a cancer because cancer can't grow in a ph balance body. Balanced ph means so much better health.

I no longer try to explain it to someone because I have hit a brick wall so often. People want a "magic bullet". They don't want to hear about what they could do to help themselves because people **don't want to change**. That's what

I have found. I hope that retirees reading this will understand its importance and change what they eat; even if it's just taking a ph supplement to help their bodies to 'get to balance'.

I believe there is nothing more important to health than ph balance.

Albert S. Indiana

From Carla B. in New Mexico....

Two small books that I have found easy to read and understand are:

The Acid-Alkaline Diet for Optimum Health by Christopher Vasey N.D. 1999
Healing Arts Press, One Park Street, Rochester, Vermont 05767
www.InnerTraditions.com

The Acid Alkaline Food Guide by Dr. Susan E. Brown and Larry Trivieri, Jr.
Square one Publishers 115 Herricks Road Garden City Park N.Y.
11040
877-900-Book www.SquareOnePublishers.com

I got both of these at a health food store.

Thank-you to both Albert S. of Indiana and Carla B. of New Mexico

What a European Food Scientist Said

To.....: FantasticRetirement@gmail.com
From.....: Poppy J. New Jersey

Hi There

I think it's a great idea to ask seniors for health tips. I can hardly wait to read this book.

I have a health tip that came from a strange source. I have a niece in New York City who has a big house and a big social circle. She often invites me to gatherings and I always take a healthy dish to add to her food list.

Her last affair had several scientists attending as they were taking part in a conference. A group I was chatting with gradually dwindled down to 1 scientist

and me. The conversation had been about health, healthy eating and the dastardly offerings at fast food places.

Picture this; me, a retired secretary/housewife and a scientist. We chatted amiably and when offered a very fattening appetizer I opted for the one I brought, which was low fat. He asked me why I didn't try the cheese one and I told him I had lost 43 pounds in the last year and was very careful about what I ate.

We talked about, 'my diet' and I said that I was having trouble and thought that daily I should be eating more protein. I told him that I had made up a batch of lean hamburger, peppers and onions and froze it in small quantities to have protein 'handy'.

It turned out he was a food scientist from Europe and he asked me if I wanted to hear his thoughts, (which I'm sure were really research), about protein consumption. Of course, I said "yes".

These are his words and I must say I have heard part of this before. He said that we eat too much protein. He explained that protein that comes from animal sources stays too long in your intestines being, as he put it, 'accosted' by bacteria. The combination of the meat and bacteria produces a poison gas. He did give me the name or names of the gas but what I remember is the word, **poison**.

He said that a person who eats meat regularly has a 'smell' and that a vegan notices even when there's no meat present. (He also said a vegan, going into a meat eater's house, can smell it.) He was quite forth right in explaining, in broken English, what happens in the bathroom.

Apparently, (his words), when a person who eats a lot of meat, farts or does poop in the toilet, the smell is very bad. He said that's the meat rotting. It seems that protein from vegetables does not do this. I did repeat back to him his explanation regarding that poisonous gas item. It seems that meat plus bacteria become '**amine**', (I think I have that spelled correctly.), that poisonous gas.

Amine travels through the body in the blood stream. He explained it also goes to the brain and if there is a weakened portion in the brain and if that person has been experiencing stress, then a stroke and death are not uncommon.

He felt that many younger men, in their 30's and 40's, especially athletes, but not only athletes, who have a stroke, a heart attack or die, that science should be explaining the connection between amine and meat eating.

I told him that I knew that people should be eating the amount of meat no bigger than a deck of cards. He didn't agree. He said smaller. His proof was that all the real long living societies eat very little meat. That's the groups with many people over age 100. He said there was a lot of protein in vegetable, beans and grains.

I knew this about beans but not about vegetables or grains. I have since found out that the grain quinoa is high in protein. I find it strange that vegetables and grain contain protein. I plan to read a lot more about that.

I hope my information is correct; being second-hand and trying to explain it.

Perhaps an American food scientist, after reading my email, may be able to explain the connection between eating meat and health better than I have. I must say, I plan to keep searching about it.

Yours truly

Poppy J.

TIP

Having enough fiber in a day increases your alkaline status. An easy way is with 5 tablespoons of soaked chia seed. We use the dark kind.

Chapter 8

Part 1

Seniors Share More Health Tips Plus: How To Lose Weight

The Bad Side To Being Healthy

To.....: fantasticretirement@gamil.com
From.....: Curtis T. Australia

Hi Eleanor

I am 65 years old, retired for 8 years and constantly working on my good health. My wife, Arlene, shares this passion. But, isn't there always a "But". We find that because we are the healthiest ones in our social group that we are constantly impinged on. We hate to refuse. Such as-

- helping friends to move house
- doing way more than our share at church
- expected to help others when we travel such as carry luggage
- etc.

On the one hand we never refuse but on the other hand it puts us 'off' because most of the people needing our help have done tragically little to stay healthy. To help us to stay on our health path, I make charts on our computer.

Here's what Arlene and I do to keep track and to stay on track:

- Water Chart- It's a 2-week chart where we put a dot on a box for every glass of water we drink. We found that in truth we weren't drinking enough until we tracked it.
- We chart our weight with the decreasing numbers down the side and the days across the top. That is when we need to lose weight.
- We duplicate an acid/alkaline food chart. Then we highlight, with red, the alkaline foods. With a highlighter it's very easing to see how much alkaline food we have eaten in a day.
- On that same chart we highlight in blue the foods rich in fiber.

We have a bulletin board in the kitchen where these charts live. They help a lot.

Sincerely

Curtis T.

Really Healthy Eating

To.....: fantasticretirement@gmail.com

From.....: Tula M. Alabama

..... (We share with you Tula's breakfasts.)

I have 2 favorite breakfasts. Either I eat steel cut oatmeal. This is the best oatmeal, a form used for centuries in Scotland. I get it at a health food store.

Soak the oats over night, in water. In the morning cook them with water, till the water disappears, about 10 to 15 minutes. If more water is needed add it. You must not walk away. Stir often.

My second breakfast is quinoa and amaranth. I cook these just like rice. Rinse the quinoa grain well. I cook both of them together. I put about a quarter cup of each in the pot and about 1/2 a pot of water. Bring to a boil and then turn it down or off and let it burbble. Make sure there is enough water so that it doesn't burn.

Get this, imagine, 1/2 cup of cooked quinoa is 6 grams of fiber and 1/2 cup of cooked amaranth is 17... **get that 17**. That's half of what I need in a day.

Often I add cooked amaranth to my oatmeal and to a smoothie.

I also add 1 tablespoon of each of the following, to hot cereal:

- sprouted flax (It's way more expensive than the kind you grind in a coffee grinder but it's so convenient and I believe even healthier). Sprouted can be kept in the cupboard while flax that needs grinding needs the fridge or freezer.
- sometimes I add bee pollen which has to be ground and/or Salba powder (which is really Chia, a grain)
- loose bran
 - wheat germ
- and lastly, almond milk

The other thing, quinoa is a protein so it gives you that needed protein for a meal.

Tula M.

A Healthy Oil

From: Susan B. Nevada coconut oil.

Most people know that cold pressed olive oil in a dark bottle is probably the best oil to cook or eat with. But, for me, I don't like the taste of it. The lady in our health food store suggested coconut oil. I recoiled. She explained that people confuse coconut oil with palm oil which is a total 'clogger'.

I found out that coconut oil is 'good' oil. It ranges from about 6 bucks a jar to 24 bucks per jar. It is a saturated fat just like butter is. The key is moderation plus it's very good for you as you need 'good' fats.

Where coconuts are harvested, native people have eaten it for centuries which added to their good health. As I see it, olive oil, flax oil, canola oil and coconut oil are tops. I like coconut oil on rye toast and add it to oatmeal. I have read that coconut oil has properties that are antimicrobial, anticancer and antiviral. I have also read that coconut oil, in moderation helps with weight loss. That's 2 grams a day.

Numerous retirees emailed about the health benefits of making their own juice.

Edgar A. Alberta, Marjorie P. Scotland, Sarah and Jim U. Ontario, Michel and Jeannette C. Quebec Canada, and more

..... I feel strongly that juicing once a day has fabulous health benefits. One large glass gives me a 'hit' of nutrients and alkalizes at the same time. I add an apple to the vegetables I juice to make it more palatable. I still eat fruit and veg. to 'get the whole deal'.

Who Knew

To.....: fantasticretirement@gmail.com
From...: Elizabeth S. New Jersey

I gave away my juicer. Too much bother. Not a good idea but I did it.

At a vegan cooking class, the teacher tossed a little juice in a blender and then she pitched in a good hand full of washed spinach, right into the blender. I thought, "No chance will this pulverize." Little did I know! It juiced plus you had the pulp as well. I add frozen fruit, sometimes whey powder or protein powder or whole meal powder to make a delicious, green shake, along with the fresh spinach in the blender.

When there are no greens in the fridge I dribble in a little liquid chlorophyll.

Works for me.

Elizabeth S.

We received tons of emails regarding smoothies and protein bars.

From Rachel C.:

I agree that protein bars and smoothies work well in a time crunch. But a lot of them are no better than sugar laden granola bars. I have learned to, 'read the label'. I look for 10 grams of fiber and 10 grams of protein. I also want any powdered protein or whole food powder to contain over 20 grams of protein.

A good purchase is a strong blender. I add fruit, frozen berries, sprouted flax, sometimes 1/2 an avocado or soy milk. If by chance I have a poor-quality protein powder, I add soft creamy tofu for protein, a good quality fiber powder and vegetable powder I get at my health food store which has the sea vegetables in it. The color is awful and so is the taste. 3 drops of the natural sweetener, Stevia, fixes that. I also add apples to sweeten the smoothie.

I have finally taken it seriously to eat more vegetable protein. I have a protein shake for breakfast, I eat quinoa as a side dish, cottage cheese for its high level of protein with fruit as a snack and of course chicken and fish. I use olive oil and lemon juice as a dressing.

My weight is gently declining without many other changes.

Rachel C.

Book Tips

Bill & Marjorie S. New York State

Hello Eleanor

Have you seen the book , "**The Eat Clean Diet**" and it's companion recipe book, both by Tosca Reno? We love the recipes. We make Tosca's breakfast hot cereal in our slow cooker. We portion it into containers and freeze it. I could eat it every morning.

Both books are easy to understand, glossy, with high quality photos and information. Both books are front and center in our kitchen.

Another book recommendation comes from Harold G of Manitoba, Canada.

I am passing on what I felt was an excellent 'read'. The book is called **"THRIVE"** by tria-athlete, Brenden Brazier. His fight for health as a young man is enlightening. How he found his way, 'out of the dark', what he eats and the products he has developed are all worth our attention.

Harold G.

From Harriet K. Nebraska

Along side my Bible is my book, **Fiber 35** by Brenda Watson.... very very good.

Regarding Supplements

In no way would we suggest what supplements you should take but here's some input.

..... I have followed the supplement guidelines published by Dr. Andrew Wiel. I believe that Dr. Wiel knows what he is talking about.

Tracy K. South Carolina

TENS

TENS are electrical pads that massage muscles. As Shirley N. of Australia emailed.

..... I use a tiny TENS home unit around my shoulders and neck. I have found the tension and soreness greatly reduced.

Food Sensitivities

Many people develop food sensitivities as they age. I learned how to do an elimination diet from my iridologist.

I lived on 4 foods for a number of days. Then I would introduce one food and over the next three days watch to see if I had stomach problems. If I did, I knew that, that food was a 'hurting' food, one that I was sensitive to. Over two months I found that wheat and dairy were hard on me. I now know that if I eat them, I will pay for it.

Sadie L. Britain

The Little Black Bag

I finally learned to carry food and water at all times. I make sure never to be hungry and to prevent being thirsty. I agree with what I have read that by the time one feels thirst you are already dehydrated.

My freezer lunch bag, that is, 'my little black bag', contains fruit, julienned vegetables, a container of healthy dip such as hummus, (with a mere touch of garlic because after all I am out and about), and healthy nuts such as raw almonds and walnuts, (not salted, not roasted).

Munching is much healthier than going longer than three hours without food. It's also better than eating giant meals.

Sincerely

Jess W. Texas

A Little Hint From Barnie

I pride myself that I try to halt a cold or a sore throat before it takes hold. I use echinacea, commercial cold remedies, 'old wives' methods like chicken soup and Vitamin C capsules.

My son's second wife told me to: take Vitamin C in powdered form at the first sign of a cold. That's 1/4 teaspoon, four times a day. She was right. I also found a sodium nasal spray in my pharmacy which I spray up my nose, in winter, about 3 times a day as prevention. It seems to work.

Barnie K. Bermuda

Dancy F. Ireland

I have been reading about acid/alkaline eating. Did you know that it's impossible for a cancer to develop in an alkaline environment?

Dancy F. Ireland

Hello To You

I have been reading about the people in Okinawa, Japan; that they live over one hundred years, many of them. Seafood and especially, chlorella and spirula, (sea vegetables), seem to take a lot of the credit.

I have been adding these to soups and shakes.

Carmandie A. New South Wales

Senior Recommendations

- Hemp foods and oils are highly nutritional and very alkaline.
- Quinoa grain is a complete protein.
- Flax foods and flax oil are great sources of Omega 3 and Omega 6's. Plus fax contains both types of fiber.

Your Toilet Bowl

There's no delicate way to put this:

- You know you have consumed enough water when your urine runs clear...no yellow
- You know you have consumed enough fiber when those brown things are fairly long plus they float.

Mel W. U.S.A.

Tofu

Don't say 'ugh'! Soften or what is called, 'Silken Tofu', adds protein to any soft food or smoothie, tastelessly. Keep tofu stored in a bowl, with water covering it, in the fridge. I add it to smoothies and oatmeal.

Shannon T. Ireland

Stomach Space

Don't waste your food. That is don't eat a food that has no value which will take up space in your stomach. They are called **empty calories**. Aren't all bags of junk food empty calories? Eat high quality brown rice, dense breads, heavy cereals of consequences and organic fruit and vegetables.

Treat your stomach like a well cared for visitor. Give it only the best.

Most people treat their cars better than themselves.

Jake and Melanie S. California

Artificial Sweeteners

To.....: www.FantasticRetirement.com
From .: Eldine S. New Mexico

I have found out some information that is detrimental to health. It has to do with the sweetener Splenda. I thought the advertising was misleading so I started to dig on the internet. This is what I found.

Yes, it looks like sugar, it pours like sugar, you can bake with it and it tastes like sugar. They claim it's from sugar. The ads leave you feeling that it's a good product. I now beg to differ. Everyone should know the truth about Splenda.

What Splenda is, is a totally new substance. Three Chlorine atoms are incorporated into the sugar molecule. Really what it is made from is sugar and chlorine. Splenda is not a natural product and is not related to sugar. It's a classic case of **false advertising**.

Go to, www.TruthAboutSplenda.com. Yes, it's a Sugar Association backing the site, but the truth is the truth. Another great source is janehull.com. Her book is titled, "Sweet Poison: How the World's Most Poplar Artificial Sweetener is Killing Us: My Story".

The natural sweetener, Stevia, is what my family uses. It's extremely sweet so we use miniscule amounts.

Eldine S. New Mexico

We do not have arrows for just Splenda. If you think any other artificial sweetener is any less dangerous, think again.

Doubting Thomas

..... I doubted that eating three meals a day plus three snacks would cause weight lose. I followed a plan I had in one of my library of weight lose books and low and behold I lost weight.

(a) I didn't like doing it because I prefer the 'magic wand method'. You know the one that never works.

(b) When I dropped back to skipping breakfast and 2 snacks, even with two healthy meals the weight lose came to a stand still.

Folks it works.

Charlotte T. West Virginia

Another Doubter

How Do Eleanor

Just to share with you. I never believed it, but.... I agreed with the literature that I should be having more protein daily. I successfully rejected tofu for 58 years.

Caving in under pressure from my girlfriend I secretly bought the soft kind. My theory was I could try it and pitch it in the trash. So far, I have only added it to a shake. Well, 'the girlfriend' was right. I can't taste it and I stay satisfied longer, plus it makes my shake more the consistency of a real milk shake.

I thought somebody should come to the defence of what is seen as a 'yuk' food. My next move is I plan to buy those dried sheets of seaweed and toss some in the shake. I have no doubt I won't detect that, either.

Sincerely

Butch M. Arizona

Another 'Turn-Around' Story

To.....: fantasticretirement@gmail.com

From.....: Gerald C. New Hampshire

Dear Eleanor

My wife Christine and I wanted to share our good fortune on solving problems with hypnosis. I was more than jaded about it. We both went for 5 sessions. The first session cost \$160.00 for 2 1/2 hours, after that, the sessions were \$60.00 each. We found it expensive but it worked. You learn how to relax, to enjoy the hypnosis and to continue doing hypnosis on your own with your very own tailor-made CD's of your sessions to listen to at home.

I am 64 years old and own my own company. I love working, am successful and had no intention of 'selling-up' until I had a mild heart attack. My doctor said, "Sell-up or delegate". I like to run the entire show but for sure stress caused the heart attack. I told my Doc. that I didn't want to quite and he told me to see a guy in the same building for hypnosis.

Well, I doubted it would work but I just hated to walk away from my business. I have a red face because I was totally wrong. The hypnotherapist got to the root of my, digging in my heels', about delegating. I needed to loosen the reins.

After each session I had a custom-made CD to listen to at home. It was, resolve my work issues or sell. My direction was to find a quiet place at home, and listen to one of 5 CD's every day. I stretch out in my lazy boy chair and listen for half an hour. It's hard to believe but it became easier and easier to see the merit in my top employees; give them more responsibility, to trust them and to pay them more.

I jacked up the wages of 4 top drawer people who have amazed me with their work ethic and our production rate. "My ship" is in good hands. I go in for a few hours three times a week, spend time on the golf course, answer my work emails and keep my finger, 'in the pie', just enough.

I am positive that I can credit hypnosis for helping me to 'back-off'. Since the company keeps making more money, it's working out well for all of us. The employees on the shop floor don't seem to notice the difference. I just wanted to share my story because I was definitely a doubter about hypnosis and my wife and I are really enjoying semiretirement.

Respectfully yours

Gerald C.

To.....: fantasticretirement@gmail.com
From.....: Christine C. New Hampshire

Hi Eleanor

I just read my husband's email and I can tell you it's the best thing he ever did. I was totally afraid when he had his heart attack.

After he finished his hypnosis sessions the results just kept getting better and better for him. That convinced me to go to his therapist for weight lose. I wanted to ditch the pounds I have lost so many times and regained. We settled on me losing 49 pounds. Note, that's different from the 50 pounds I was always trying to diet off.

I listen faithfully every day. Hypnosis is sneaky. I never expected that it would be easy to pass up chocolate cake or to enjoy more and more vegetables but that's how it's turning out.

I have lost 27 pounds and plan to listen for the rest of my life. My side effects have been more restful sleep, less worrying, and more shopping because I need clothes that fit. I'm told that my CD's will see me through 'maintenance' for the rest of my life.

The therapist has master copies of my CD's so that if I wear them out, I can go back and get copies.

Gerald and I always joked on the way to our doctor appointments when we passed the door of the hypnotherapist. There was no end to the 'abra-ka-dab-ra' jokes. Jokes about who was in 'La-La-Land', today.

It's baloney to joke about hypnosis because it is the motivator we needed. Obviously for 30 or 40 years we hadn't solved our problems. We have no hesitation about telling people about our hypnosis. It just quietly goes on working. I'm back to shopping for golf clothes.

Thanks for 'listening'.

Yours truly

Christine C New Hampshire

The Thin Person Theory

To.....: fantasticretirement@gmail.com

From...: . Camy T. Canada

Dear Eleanor

I just wanted to share my theory about thin people. Have you ever noticed, I'm sure you have, the ratio of heavy women to thin men. It's all about having babies and then struggling with weight forever after.

My theory is tied to vegetable chopping. I have seen this over and over with relatives and friends. When I am chopping vegetables and a thin person comes into the kitchen you have to slap their hand to keep them out of the vegetables.

As a heavier gal, all the visiting 'heavies, can substantiate my theory. Never in a month of Sundays would I snatch a carrot, red pepper or celery stick from a chopping cook. It's just not in the genes. Now beware a bowl of bread sticks, French bread or a pastry because that's where our fingers would be.

Yes I eat vegetables and salad but they belong:

- (a) beside meat and potatoes
- (b) and salad lives underneath'.

I just didn't get, 'the 'to-die-for veggie", gene. Stack a potato mile high with topping. At your next party watch and see if my, 'Thin Theory' is right.

Camy T.

To.....: FantastcRetirement@gmail.com

From.....: Delores P. West Virginia

Hi Everyone

I thought it a good idea to email and tell you about an ancient grain that I believe is improving my health. It's called chia seed and comes mostly from Peru where the native people have been eating it for centuries. The only thing I ever knew about chia was the chia pets we used to buy and grow green at Christmas time but I have found out that this ancient seed holds a great deal of potential.

I picked up this soft bound book called:

The Magic of Chia
Revival of an Ancient Wonder Food
By
James Scheer

The book deals a lot with the history of the grain. I got really interested in the explanations of its benefits. Here's a list:

1. Chia keeps you full for a long time.
"Some individuals.....use the water-dissolved gelatin from chia seed as a supplement to one or more meals and invariably slash their daily intake of calories, while still obtaining essential nutrients." The 'chaser' is a big glass of water.
2. It increases your energy and endurance. "I train daily for at least two hours, and these seeds turn out to be the perfect food for body builders-any athlete for that matter-and people in general"
" I take it every day, and my energy and endurance levels are sky high."
To quote the famous Paul Bragg, of Apple Cider Vinegar fame, "Now nutrition-minded people....find they are delighted with the additional energy and endurance."
3. I do know the importance of eating 'good' oil. I was interested to find out how eating chia seed improved my oil consumption and my health. "It is estimated that the level of omega 6 oil in body tissue of most Americans is twenty times the level of omega 3. Most experts in fatty acid nutrition believe the optimum ratio of omega-6 to omega3 is between 3 to 1 or four to one"
"Many researchers believe that changes in the composition and metabolism of fatty acids like DHA may contribute to Alzheimer's disease."
"Chia seed offers greater alpha-linolenic acid concentrations than any other seed or grain reducing heart disease..."
4. Alleviates constipation and encourages more regularity. "Chia seed supplies fiber in 2 forms; insoluble (won't dissolve in water) from its outer coat, and soluble (will dissolve in water) from the inner ingredients.
"The first type contains cellulose and lignans and helps to prevent or ease constipation. The second type has been found helpful in lowering cholesterol and managing diabetes."

Chia seed is now being nurtured and cultivated in our American south west because the climate is conducive. Research by International Flora Technologies Ltd., of Apache Junction released the following findings.

“Chia seed contains almost two times the protein of other grains, three to ten times the oil of other grains, (an omega 3 oil and as much or more dietary fibre compared to other grains. Chia is simply one of the most nutritious grains cultivated by man.)”

5. Sheer’s book outlines how chia helps to deter cancer, dementia, hormone level decline, and bone lose. “In roughly 2 ounces of chia seed, (100 grams), there were 600 milligrams of calcium contrasted with 120 milligrams in 100 grams of milk-5 times as much, writes James Brown.”

Some people just eat the seeds with a large glass of water. I follow the book’s recommendation. I fill a glass about ½ full and then stir in 3 or 4 tablespoons of seed; “....one part chia to 10 parts water”. I continue, periodically, to stir it for about 10 minutes. I store this covered in the fridge and add it to juice or a smoothie. It gets very gel like but has no taste. As well, it looks like fish eyes. I have determined, very, very healthy fish eyes.

The author, James Scheer says not to reverse the procedure by adding water to the seed.

Chia comes in white or black and it doesn’t seem to make a difference what color you buy. I am preferring the black.

From his book: “In its saturated or gel form, it can be added to spreads such as mayonnaise, salad dressings, peanut butter, yogurt.....milkshakes, puddings, to almost any desert.”

I am convinced of the merit of eating chia every day. I have a healthy shake for breakfast and always add chia slurry. I thought that most people would not know about the health benefits of chia so that’s why I sent this information. I hope it helps people and that they start to include it in their food.

Sincerely

Delores P.

To.....: Fantasticretirement@gmail.com
From....." Mike B. Texas

To Your Story

What a good idea to have retiree share their health tips.

I am a 'converted cook' because I started to read labels. At 64 years of age, retired for 3 years, I live in Texas with my wife in the winter in our motorhome and return 'home' to our cottage in Michigan for the summer. In retirement I do most of the cooking and my wife does the clean up. She tells me I make way too much mess but so far, she hasn't swapped places on the 'cooking front'. I started to read labels and now I am making most of our condiments except of course mustard or I buy them in the 'health food aisle', carefully reading the ingredients.

Here's what I found out and why I avoid most 'store bought' condiments.

1. If they are fat free, they are loaded with sugar and chemicals.
2. If they are 'whole fat' that can be fine if you read the ingredients. I find the better ones above the fresh vegetables rather than the dressing aisle.
3. The ones I make are: barbeque sauce and ketchup. You can make your own
4. with olive oil, balsamic vinegar, spices, garlic, and tomatoes which will last in the fridge for about 3 days, or I make a batch and freeze it.
4. Lots of the store bought ones have over 300 mg. of salt which they call sodium per 2 tbsp.
5. Regular soy sauce has an astounding amount of salt in it. If you use it, buy the low sodium one.
6. These next two are not condiments but they are deadly. Soda has 9 teaspoons of sugar and the diet stuff is loaded with chemicals with the colas overloaded with caffeine. I am amazed in a restaurant how many adults and children drink them.

My last 'no-no' is whipped topping. It's whipped chemicals. I think it's murderous. I also think soft 'ice-cream' is made of the same stuff. These two certainly cause your body to be in stress trying, 'to get them out'. I read somewhere that they are composed of a 'lard-like' substance. That can't be good for anybody.

If there's any senior who reads your health book and didn't know about what is in the products I shared, I hope they will take this advice and not eat them.

Sincerely

Mike B.

Chapter 9

Packed Full of Health Tips To Increase Your Health in Retirement

SALT

To.....: fantasticretirement@gmail.com
From.....: Arlan E. Oregon

Dear Eleanor

I thought you and your readers might be interested in what I found out about salt in our diets.

My blood pressure was bad and the doctor said to cut way down on salt. That's it, no information about what foods to avoid or what to eat. I knew that I would have to stop adding salt to my dinner but beyond that I really didn't know what foods had hidden salt.

As I started to dig into the subject, I found out those taste buds, our taste buds are deadened to a regular amount of salt. That's why processed food, restaurant food and fast food have so much salt in them. Everything is over-salted. Watch in a Fast-Food place and see the shaker that the cook pours on french fires.

"They" do that because that's the way we like them.

Salt Stuff I Found Out

1. You need about 1500 mg. of salt per day under age 50 and 1300 mg. of salt per day over the age of 50. Most of us consume 4,000 to 6,000 mg. per day.
2. Regular vegetables, that's fresh natural vegetables, out of the garden, contain salt.
3. Restaurant meals and processed foods such as lunch meat are extremely high in salt. Boxed foods, packages, etc. A typical burger holds 1400 mg.'s of salt while typical medium fries carry 660 mg.'s. (I can now really taste the salt in Cracker Barrel's cornbread.
4. My beloved cheese and cottage cheese are salt freaks. I eat them only on occasion.
5. My wife has switched her cooking away from salt. She uses herbs, Mrs., Dash which is a herbal substitute, ginger, garlic, onions, and oils for flavor.
6. I make soup for us so we never buy canned soup. Boy is canned soup loaded.

7. Restaurant gravy is loaded. So is relish, catsup, barbeque sauce and salad dressings. We make some of these at home, especially mayo.

8. We don't eat brine foods, especially dill pickles

9. Sea salt is just as bad.

10. go to : www.worldactionsalt.com

Launch of World Action of Salt and Health Media Release.

Avid Reader

Arlan E.

Another Senior Talks About Coconut Oil

To.....: fantasticretirement@gmail.com

From...: Margaret and John A. Ontario Canada

We thought we would share information about coconut oil. We would never have thought to use it, thinking it was dangerous. Our health food store owner explained all about it and gave us a small booklet to read about it.

We read, "The Oiling of America" at www.westonprice.com and we bought the book, "Fats That Heal Fats That Kill", by Udo Urasmus. We found out that coconut oil :

- is antifungal and has antimicrobial properties
- aids digestion
- helps to fight osteoporosis
- protects the liver, prostate, skin and heart
- is one of the best oils to convert quickly to energy, therefore it helps with weight loss. (My wife agrees.)

We had to search for coconut oil that is organic, but NOT refined, bleached or deodorized. The best was expensive but we no longer buy butter and we use less of our good olive oil. We like the taste of coconut oil. We also bought the books, "Eat Fat-Look Thin", "Virgin Coconut Oil" and "The Coconut Oil Miracle".

It doesn't have to be stored in the fridge. A favorite snack for us, is, 2 rye crisp crackers, (the long brown ones), topped with coconut oil, which spreads like butter, pumpkin seeds and raisins. Love them.

Sincerely

Margarite and Bill A.

Hemp

To.....: fantasticretirement@gmail.com
From.....: Darwin S. Australia

Here's what I found out about Hemp protein. Previously I was using soy, whey or flax in shakes. I still use those but have heavily moved to adding hemp protein in powder form. I exercise pretty much and need high quality protein. Hemp protein is a vegetarian source. What I buy is also gluten-free, a 3 to 1 balance of omega 6 to omega 3, is 50% protein by weight giving me 15 grams of protein in a 30-gram serving.

I found that many hemp protein isolate powders are processed with hexane which is petroleum: not good.

I buy cold pressed expeller hemp with no hexane. Also, hemp is free of oligosaccharides which soy protein contains. Plus, hemp is never genetically modified as far as I know. I find it tasty and quick in a shake.

A fan of, www.FantasticRetirement.com.

Darwin S.

Doing A Cleanse

To.....: fantasticretirement@gmail.com
From.....: Ida B. Nebraska

Hi Eleanor

I found out about cleansing from my massage therapist. She directed me to a health food store where I got answers. I now do, one after the other, a candida cleanse and a parasite cleanse. They are not hard to do and I feel lighter and healthier after.

I now believe that without cleanses, unless you are very strict about what you eat, that we all have waste that just clogs us up. Doing a cleanse is my 'tune-up'. If you

read a list of the reasons why you should do a cleanse, such as the list published in GENESIS To-DAY, "For Total Health Nutritional and Educational Newsletter", I'd bet you would see problems you have that a cleanse would diminish or eliminate.

Basically, I take 2 tablets and 20 drops in juice, twice a day. That's all it takes.

Yours truly

Ida B.

There is confusion and contradiction about doing a cleanse. Talk to your doctor or other health care professional before doing this.

The Little Exercises

To.....: fantasticretirement@gmail.com

From.....: Charles and Suzanne S. West Virginia

We thought it a good idea to share with you that we take supplements both for eye health and brain health. We exercise our eyes daily by looking up, down and to both sides. We walk a lot and do weights at home to a CD on the television.

We think it's important to keep our brains active. We play bridge, games with friends and we now have a little hand-held computer game to keep us sharp.

My wife was a bookkeeper in her 'former life'. She keeps 'her hand in' by doing the books for our neighbor who has a small business in town. I'm the treasurer of our club so there's lots of number crunching there. Plus, our grandson is teaching me how to play games on his bedroom T.V. (Got to be fast there).

We also adopted drinking green tea. We don't plan to be forgetful old birds.

Charles and Suzanne S.

The 'I Don't Cook Syndrome' : Solved

To.....: fantasticretirement@gmail.com

From.....: Bea K. Nebraska

Hello From Beautiful Nebraska

I thought it was a good idea to share my story with you. As a retired lady, living alone, I figured out how to, 'save my life'. I'm another one of those senior ladies that does not cook except to entertain. I just don't want to do it. Here's my great solution.

Instead of buying groceries that generally end up in the trash I have joined a meal service. It's a new business in town not aimed at the elderly as the hospital meals that get delivered to homes, are not so tasty. Rather it's a service for harried parents and singles who basically, 'have no time', and who are fed up with 'take-out'.

I pay a flat fee and get five meals a week. Two are fresh cooked and three are frozen. Plus, I get a pot of homemade soup. This is the smartest most delicious thing I ever did. They cater to whatever you want or dislike. Solved my, not eating well.

Bea K.

Seniors Who 'Juice'

To.....: fantasticretirement@gmail.com
From.....: Dan and Pauline M. Quebec Canada

Bonjour

Just joking. We are English speaking and we live in Quebec. My wife and I are both retired and we wanted to tell you and your readers that we fell, 'hook line and sinker', for juicing vegetables and fruits.

To make a long story short, we bought a strong juicer and I am the master juicer in our house. By juicing along with eating fresh fruit and vegetables we feel brighter, healthier. We have 1 glass of juice a day. The more nutrients that go into us, the longer we will last, actively.

Thanks for letting us share

Daniel and Pauline M.

Specific Suggestions

The following were generated by Martin and Jean A. of Michigan.

Breakfast Choices

- all of the following served with Almond milk
- amaranth and couscous (protein), cooked together
- oatmeal, large flake or steel cut plus 2 hard boiled egg whites for protein

- crock-pot cereal

Snack Choices

- fruit or raw veggies and low cal. dip
- raw walnuts and/or almonds
- 1/2 a good protein bar
- 1/2 cup of cottage cheese or yogurt and half a banana.. or add 1/2 cup ground flax seed or chopped nuts
- apple slices and coconut butter

Meals

- always a large salad usually with a home-made dressing
- chicken, turkey, tuna or salmon.... about 4 oz.
- eggs or egg salad
 - spaghetti squash with tomato sauce
 - 1 protein, 2 vegetables and 1 salad as a meal
 - A tiny not too sweet-treat for desert
 - green tea

Fiber

We have the American book, by Brenda Watson,, " **Fiber 35**". This way we get the number of grams of fiber for foods plus a lot of recipes. I recommend the book.

Our Other Great Health Habits

We take supplements but will not list them because what you do take or should take, is personal to you. We do take digestive enzymes, one with breakfast and lunch and 2 with dinner. We also take probiotics, especially, 'live culture' ones that must be stored in the fridge.

We drink a good amount of water daily along with our green tea. We make a big pot and drink it hot, warm and at room temperature, so it's mostly always there. We also have weights and a rebounder for exercise.

Reduce Your Chances of Catching Covid

Thousands of people will catch it and many have already died. Right now, it's not known how much vaccine one should take, who will get the vaccine and or what to do to prevent getting covid or the flu and what to do when you have it.

If you research enough, you can find a solution that can very lightly reduce your chances of succumbing to covid or the flu. Nothing is ever 100%

Lastly, which was our big expense, we bought a far infrared sauna. We found out that nearinfrared and midinfrared are not effective. We also found out that the porcelain –plate that emits the rays sometimes has to be replaced so deal with a reputable company that will be there.

Apparently, the science was discovered by a doctor in China where he noticed that the people in one factory absolutely recovered from the flu five times faster than any others.

Farinfrared rays vastly differ from a steam sauna. The heat enters your body without making you extremely hot. Go on the internet to read the benefits to your immune system. Apparently, this type of heat is amazingly healing. From our research we have found that heat is a healer. It seems that even when you are sick with a temperature, the higher temperature is your body's way of healing itself.

With that said, there is a time when, particularly a child's high temperature has to be reduced but that is something to ask your doctor.

We use our farinfrared sauna one at a time and because we have a big porch, on the back, that is enclosed, it sits in the corner. It is definitely pretty and not an eye sore.”

What it has done for improving health is well documented and we can see the results for ourselves. Aches and pains have lessened, we have not had an illness since we got it, (although the winter hasn't started), and we have encouraged my elderly mother, who lives 3 doors away, to also use it three times a week.

She has certainly seen results. She is far more able to walk since she started sharing our discovery.

We are certain that this will help our immune systems and that we will have far less chance of getting H1Ni or any other type of flu. It is also known to build your immune system so well that most people that use it never get a cold. In retirement I have been famous for three colds a winter. I am sure that is going, 'by the way' now.

Martin & Jean A. Michigan

Who Me? I Don't Cook!

Dear Eleanor

Perhaps you know or perhaps you don't know that there is a large percentage of ladies in their 60's, 70's, and 80's who do not cook. They, meaning me or we, can cook but chose not to cook except for company. I understand that years ago the concept was hidden that older women lived on tea and toast.

I do not want to drag out the pots and cook for just myself.

My, 'other half, my boyfriend, (aren't I lucky to have a nice man to go out with), is incredulous. "What do you eat?" he always asks.

Here's the awful truth. For starters I eat out most of the time, with lady-friends or by myself. In between I eat bagged salad, sandwiches, cereal and soup.

It's insane, unhealthy and a quick trip to death's door. I doubt that I will ever change. As they say, 'It takes a real scare to wake you up'.

Arthritis and, stomach upsets, finally spurred me to better eating and for me a shock-using the treadmill for more than a clothes rack.

I am eating better now but I am sure you are visualizing chicken and two vegetables for my dinner. It isn't going to happen. My 'turn-around' stems from a cooking demonstration. The chef was a vegetarian.

Her food tasted so good but don't kid yourself I wasn't going to make it for me alone. She, meaning Mrs. Chef, kept talking about eating 10 to 12 vegetable servings a day.

Now a serving is only a half a cup but who gets all those veggies into them. Plus, and it's a big plus, Mrs. Chef is not that crazy about fruit. (Imagine that!) It was hard for me to get my head around that.

So, I says, from the audience, to Mrs. Chef, 'What do you have for breakfast?' because she had blithely nixed cereal and toast.

"I have soup for breakfast."

My answer: "No way".

Another voice said, "Are you crazy".

Ever the diplomat, Lady Chef said, "It's wonderful, especially in the winter. Loads of vegetables. I make delicious soups."

That was no lie. Her soup sample was lip-smacking. Her answer ran around in my brain and I decided to try soup for breakfast.

Would it kill me? Na! I make a huge batch. It doesn't feel like cooking and I freeze it in small containers and YES I OFTEN HAVE IT INSTEAD OF CEREAL AND I HAVEN'T DIED YET. I'm now thinking it is a good idea. (Plus the clothes are getting looser.)

The Soup Nazi

Here's how I do it. Sometimes I follow a recipe, sometimes, not. Sometimes I buy low sodium broth. Sometimes I make broth. Turns out it's simple. I chop and dice vegetables, add chicken, meat or tofu, spices, sometimes canned tomatoes or roasted veg. I believe I make good soup.

Now here's a 'kicker'. I often add grains like couscous, barley or brown rice. Also, I usually add a can of rinsed beans. When it has simmered for hours I fill every small plastic container in the house and freeze most of them. Voila! Soup for breakfast is a snap, or for lunch or dinner.

It's called, "Fast, easy and healthy".

Now if you're really lazy you can buy a whole, cooked 'cluck-cluck, at the supermarket, tear up the meat and toss it in the soup. This is called, "short-cut" soup. Lastly, for the not so healthy version; I buy the most healthy box or tin of soup I can find and then add beans, grain, veggie, etc.

It works, it's healthy and it's a good method.

Take care

Beatrice N. New Mexico..... see we never really get winter.

To.....: FantasticRetirement@gmail.com

From.....: Gabe M British Columbia

Hi to The Retirees at www.FantasticRetirement.com

My cousin emailed to me, your request that if a retiree had a good health tip that worked for them, that you were interested to have it for your upcoming health book. I am very pleased about a 'food' that I have found that I believe has very much helped my health. It's apple cider vinegar.

I had read about this in the past but thought vinegar sounded awful other than putting it on french fries. My niece and I talked about it and she said that she has it daily and I told her I didn't think I could consume vinegar every day.

At Christmas time, as we have a large family, we exchange names for gift buying. My niece, Maria, was buying for me. In the box with new shirts was a small book by Paul and Patricia Bragg. Turns out they are father and daughter, titled:

Apple Cider Vinegar Miracle Health System

Well, the truth is, I will read anything and I more or less got intrigued with this little book so I decided to give it a shot and do what the Bragg family recommended. I knew a little about eating acid or alkaline and the book explained that vinegar, that is real vinegar and lemons, once eaten, become alkaline in the body. It seems an odd turn-about but apparently its true and consuming vinegar will not make a person acidic.

The Braggs explained that most people are very low in potassium with its associated health problems. It seems that low potassium, (eating more potassium daily than you would get in a banana), plays a role in health problems such as lack of muscle tone, skin that is aging, shorter life span, being mentally handicapped, senility, chronic fatigue, bone and muscle aches, dull hair, tired eyes, depression, etc. Blood tests, when done, show that most people with these and other health afflictions have a low potassium level.

Potassium deficiency may not be the main culprit in what I am about to share but since I had this little tell-tale sign of low potassium, I started to take the ACV. (That's how I refer to it, ACV).

The Bragg book said that often, when a person has droopy eyelids that low potassium is probably a culprit. If they get really droopy and obstruct your vision surgery corrects them. Well, I have droopy eyelids. I don't believe that

taking ACV will reverse them but I feel that the book is probably correct; that a lack of potassium for years caused the skin tissue in my eyelids to sag.

It was enough of an indicator to have me start to take it. I did find out, in their book, that the vinegar sold in grocery stores is not real vinegar. It is man made and has no consequences in improving your health. The Braggs state that a true vinegar must have a, 'mother' in it. Well, I had heard of something like that when making yeast bread but had no idea that it applied to real vinegar. Real apple cider vinegar is brownish in color and has a hazy bit floating in it, which is 'the mother'.

"When most people see natural apple cider vinegar with the brownish color and the tiny, cobweb "mother" floating in it, they think it looks unappetizing." Store bought vinegar has been distilled, destroying the enzymes and knocking out the natural life-giving minerals, potassium, phosphorus, natural organic sodium, magnesium,and many other powerful nutrients." Store bought vinegar must be clear for 'eye-appeal'. The Braggs call it 'dead vinegar'.

Somewhat off the topic of health, and yet not, you can clean with ACV because a 5% solution of vinegar to water, that's ACV, is a germ and virus cleaner/killer for windows, counters, etc. I especially spray it all around if I have been preparing chicken.

I read that, "potassium deficiency in plants, animals and people results in a slow degeneration leading to death of the cells, then death of life".

It seems like such an easy thing to add to your life. Three times a day I mix 1 tbsp. of ACV with 1tbsp of **RAW** honey, (not processed honey. 'Raw' also contains potassium), in a glass of pure water. I melt the honey with about 2 oz. of boiling pure water and then add it to my glass of water containing the ACV.

I feel better, have more energy and I'm certain, after 6 months of use that my skin looks better. I have also had 3 different people comment, to me, that I look well. For me that's proof enough that adding this 'food' is benefiting my health.

I hope what I have emailed is 'a fit' for your health book. ACV has certainly been a 'fit' for me.

Sincerely

Gabe M.

P.S. The Bragg book talks about the benefits of consuming potassium through ACV on many other illnesses as well as for your pets. They also promote a 70 % raw vegetable diet with many excellent tips to improve your health. For a little book that's an 'easy read', I recommend it.

To.....: FantasticRetirement@gmail.com
From.....: Antonia O. Delaware

Hello Team at www.FantasticRetirement.com

I am a second-generation Italian 'girl'. My husband and I have been retired for 6 years. I have always been interested in providing healthy meals for my family but it's an uphill battle with my husband. No matter what I show him about his pain he still insists on 'eating Italian'. This means pasta and wine. He does not believe the connection between carbohydrates and sugar with his pain

My daughter and my daughter-in-law do listen and they read health books and health magazines as much as I do. Thank heavens because what they feed their families affects the grandchildren who I might add, are very healthy.

"We" that's the two generations of women put our heads together and have two or three books we think are outstanding that the girls thought I should email to you, about.

The first is, "**Your Body's Many Cries for Water**" by F. Batmanghelidj, M.D. Everyone knows they are supposed to drink 8 glasses of water a day but the research and proof explained in this book is somewhat astounding. To quote a reviewer:

"Dr. B.'s books are full of common sense and truthful medical advice, His suggested treatment of diseases goes to the root, the cause of it and anyone who is fortunate enough to read them won't be disappointed with their purchase."

L.A. Malone Ph.D.

As you will read, if you get this book, Dr. B. had a long ongoing fight with the American government.

"It is now clear that the institutions that use your tax dollars.....

Do not care one iota for your health and well-being."

“It is chronic water shortage in the body that causes most of the diseases of the human body”.

“At present this is the only source of easy-to-read information on chronic dehydration.”

Here are examples of Dr. B.'s research:

“Non-infectious “recurring” or chronic pain should be viewed as indicators of body thirst”.

“These chronic pains include dyspeptic pain, rheumatoid arthritis pain, angina pain (heart pain on walking, or even at rest), low back pain, intermittent claudication pain, (leg pain on walking), migraine and hangover headaches.”

“....heartburn should be treated with an increase of water intake alone.” About 50 million Americans suffer some form of arthritis, 30 million suffer from low back pain....”

“.....pain is to be viewed as indicators of water deficiency.”

The book explains the connection to Alzheimer, high blood pressure, high cholesterol, being overweight, asthma and allergies. There are so many health problems, severe problems tied to dehydration. Dr. B. explained his view about drinking soda and caffeine.

I thought I drank enough water daily but now I follow this doctor's recommendations. My family, except for my husband, all do this and everyone has been very healthy for the last 2 years when we instigated what we had read.

I am hoping that other retired people go to their library or buy this book because it is such an easy remedy. We all drink distilled-reverse osmosis water, pure water because we don't believe that tap water is healthy. We also use filters on our showers to eliminate chlorine from washing over you when you shower.

I hope this helps someone. I will email again about other books we feel are important.

Sincerely

Antonia O.

To.....: FantasticRetirement@gmail.com

From.....: Jorge and Beth T. England

Hi There

I am assuming that your web site originates in America. We enjoy it.

Beth and I thought we should 'blow the horn' for the sweetener, Stevia. We never use sugar. 1 drop of stevia in tea, 3 drops in a smoothie and Beth uses it for baking. It doesn't spike insulin levels because it's a natural sweetener.

It's worth trying.

Jorge T.

To.....: FantasticRetirement@gmail.com

From.....: Jeanette I. Canada

Dear WebSite

That's a strange way to start but I don't know how to address this email.

I am a 'follower' of the books by the late, Suzanne Somers. For years I first lost weight and then kept it off, using Somers' weight lose books. She dubbed her system, Somersizing and now many of the weight loss regimes agree with what she started years ago.

But this email is not about weight loss. I have been reading her long ago published books about hormones and following the advice she presents from doctors across the U.S. She, herself, never gave advice, she always presented information from M.D.'s

I am 70 years old and find several things happen repeatedly. Women want to know my age, and they comment about the smoothness of my face. My massage therapist, a man, commented about my face... meaning my skin without wrinkles, (I do have some but not a lot), and my hair gets comments. I have to add 'shine' to it but the difference between me and other ladies, is that, (a) I still have brown hair with a touch of grey and (b) I have a full head of hair.

My body has continued, in my weight maintenance, to be relatively firm and youthful. This puzzles all my friends in the same age bracket because they are not. Last but not least, my husband, who is 73 years old has finally admitted that we are a 'lucky' couple regarding our love life. I know he never discusses it with his men friends, they never talk about what goes on in their bedrooms.

I tell Alf, over and over, that we are probably the only couple, our age, in our circle of friends, enjoying sex as we do and that it just wouldn't 'be' if it weren't for, 'what I take', meaning estrogen and testosterone.

Regarding 'helping' my girlfriends; I have told them why I feel and look the way I do but it, "falls of deaf ears". They have misguided, old information and do not make the effort to read Suzanne's books and to find a doctor that will do what she suggests.

The comparison is that they are getting stooped, (some quite a lot), have thin hair, mostly white hair. I stand up tall, sleep through the night which is fabulous when I hear, "their" stories of sleeping 3 to 4 hours. I seem to suffer less pain and I feel better than they do, especially regarding depression. It's surprising to find out how many women are on anti-depressants.

I have a lot of books on bioidentical hormones and I have worked hard over the years to find a doctor knowledgeable about 'bioidenticals'. There just aren't many, especially in Canada.

I take bioidentical thyroid med., bioidentical estrogen, (which takes a lot of tweaking to get it right and it can go awry easily) and regular progesterone.

Seeing this doctor costs extra plus the prescriptions 'cost', but the difference to my life is amazing when I compare my health and "looks" to my friends.

It's up to every woman to find out about bioidentical hormones because most women are stuck in the past with the horror stories about cancer and taking man-made estrogens, which were true but they never were bioidenticals.

Just thought I should write about 'bioidenticals'. One doctor said that when a woman walks into his office for the first time, that's a mature woman, he can tell right away if she is on bioidentical estrogen and for that matter so can I.

Yours truly

Jeanette I.

P.S. Somer's ,husband, Allen Hamil, is on them. Suzanne said, he looks like a hunk. Too bad she passed away.

P.S.S. "Ageless" Somers

"The Sexy Years" Somers

"The Wisdom of Menopause" Dr. Christiane Northrup

You need your doctor regarding taking hormones.

Your will find

**Very up-to-date health information on the blog at
www.FantasticRetirement.com**

Chapter 10

Longer Life Span Longer Health Span

Our latest inclusions.

To....: fantasticretirement@gmail.com
From... Collette F. France

Bonjour Eleanor.

I am loving what you say on your web site, **FantasticRetirement.com**, and I am loving the book I bought there. I am also to tell you about one good idea I got that works, tres bon.

If you try it perhaps you include it in your book about health.

I have be just met a new friend who is from Iran. She has told me about how she make yogurt. I love the idea.

(We tried it, it works and it is so good... we use organic milk and yogurt for a double healthy yogurt.) Collette continues:

First you fill a glass pot with milk. I use not the milk with lots of fat. I use the milk with ½ of the fat. Bring pot to boil.....just to a boil. Leave it on the hot till it is cool enough for fingers to touch it. Not burn your fingers. In France we buy small yogurt for eating at school. Perhaps you have this kind in North America. That mean you have bought 1 container of milk and you use 1 of that small container that you buy, of yogurt.

Once fingers can touch the hot milk without burn, stir to the pot, putting the yogurt petite in it. Take it from the fire and put lid. Cover it with big towel and leave there all day or all night, depend when you make it. Then put in, fridge to store. Do not eat till the next day.

You see, it is very good.

Collette

To: fantasticretirement@gmail.com

Hines H. , Indiana

Good Day To You all at **FantasticRetirement.com**

My wife and I are quite health conscious. Like so many men I had to experience a scare to get me on the right track. I had a number of T.I.A.'s, which are really mini strokes. They got my attention.

I've had no problems since, but am on 1 baby aspirin a day, to keep the T.I.A.'s away. What I really want to say is that I not only eat right and exercise, I spend time researching on the internet regarding products that are for sale to the public to improve one's health.

I have always known that MSG was a bad thing. We only ate at Chinese restaurants that advertised that they didn't add MSG to their food. Little did I know about the real menace of MSG. The best eye-opener is an article that you will find when you type the following into Google. Use the quotation marks.

"John Erb" "MSG" What you will read there will improve your health in an amazing way because you will find out the truth about MSG.

It's hard to believe how much MSG is tied to obesity. As well, MSG has an addictive quality. As the article says, "Betcha can't eat (just) one", takes on a whole new meaning. Foods and restaurants that are able to 'hide' the inclusion of MSG using names you don't recognize, are right there for you to see.

Apparently, the medical community and government are fully aware of the affects of MSG, such as increasing Alzheimer, migraine, autism and diabetes. To quote one government official who was put on the spot regarding MSG, he said, "Sure, I know how bad MSG is. I wouldn't touch the stuff."

To keep your brain cells in good shape as well as your body, read the whole article or find John Erb's book, "**The Poisoning of America**", to find the foods and restaurants to be wary of. I did.

Have a nice day.

James H.

Hi Everyone. Eleanor Here.

I have to share with you something I have been researching for over a year. It's tied to staying healthy through resistance training.

To quote Tosca Reno, a fitness and health author with a body to die for, even as she has aged,

“Any woman, (and I would say, man), who has an interest in aging gracefully needs to know that resistance training is now your new best friend. Nothing protects you from the ravages of aging like training with weights. Building a layer of muscle keeps your pilot light burning steadily, which helps to burn fat. Weight training also builds strong bones helping to prevent osteoporosis.”

I knew this. Probably you know this. So why don't most of us weight train. Laziness. I walk by those weights and machines, as I own many and park on the sofa, sloth and all. A year ago, I noticed another exercise machine, (yes I know, just like my family, you are rolling your eyes and say, “Yes Eleanor, another machine that will magically, by osmosis give you muscles).

Well in a word, it's almost magical. It's almost osmosis. When I saw info. and videos on the Net, (Youtube), I found it all somewhat unbelievable. I couldn't help but read more about them and watch more videos as there are many. The internet also has a lot of potent research. The machines (and there are many on the market), are called?

Whole Body Vibration Machines

Where Did It Start : Apparently the Soviets got the idea first to help their space travelers. The first benefit from whole body vibration was reversing bone loss and/or maintaining bone. Hello! That got my attention.

How Does It Work : A good machine is heavy, as in weighing 100 pounds or more. You simply stand on the machine for 10 minutes a day, holding the hand rail. As an experiment to somewhat fake the feeling-, put your hand out in front of you and oscillate it as fast as possible using a small space to do it. Now imagine that happening hundreds of times faster. It's not a really big vibration. The vibrations are tiny and fast. You hardly look as if anything is happening unless you turn up the machine to fast. But fast isn't needed to get the benefits PLUS, it's low impact.

Where : It seems that whole body vibration machines are very popular in Australia and Europe. Fitness clubs have them as well as Vib. Studios where folks walk in, pay 10 bucks for 10 minutes of standing on a machine.

BECAUSE : 10 minutes equals 1 hour of working out with weights. NOW! Well! Did that get my attention. Plus, who would work out steadily for an hour. There's breaks and waiting to recover, times.

What it Doesn't Do: A whole body vibration machine does nothing for you in the aerobics dept. That means I keep the treadmill for the winter and hit the streets for walking in spring, summer and fall.

I am so convinced that whole body vibration benefits your health. Check out the list of health benefits.

Burns fat

Increases muscle strength

Tones

Improve flexibility and balance

Increases bone density

Decreases cellulite

Stimulates lymphatic drainage (way better than a rebounder, (Had 1 of Those, too.)

low-impact on your joints

Prevents and reverses a lot of osteoporosis

Improves common incontinence

Improves circulation

Research : There's tons on both little animals and people.

Testimonials : I have tons.. real people, real stories.

Whole body vibration machines are being purchased by gyms, chiropractic offices and therapy clinics. I am very impressed with the benefits. I feel stronger, more flexible and have better balance.

I feel that all retirement homes should have one.

Eleanor

Final Vital Health Inclusion

Improve Your Immune System: Avoid H1N1

We at, www.FantasticRetirement.com, have been totally surprised by a submission that came from Britain, submitted by Henry F. None of us knew the far-reaching good health consequences of this natural product. We feel that this information is the height, the best, the most vital information we have learned in this journey to put together a book of health remedies by retirees, for retirees.

Please read Henry's email. Taking a cue from Henry and doing a great deal of research of your own. We strongly feel that his information is changing our health. Using ourselves and our families we have listed health problems that can be/will be vastly improved.

Our list is; circulation and heart issues, a skin problem, a wound that persistently will not heal, a respiratory problem, (chronic bronchitis), high cholesterol and high

blood pressure and a cancer. We are confident, as well, that we will either not catch a cold or if we do, that the symptoms will last only one day, as happened in a controlled study explained by Henry, in Britain.

This product can be found in a grocery store but in truth, our further research has shown us that you would have to consume so much of it as to be difficult until we found out, from a second email from Henry, what a former pharmaceutical executive told him; the cheap way to, 'get' this ingredient.

Our research, stemming from Henry's research, has shown us a process by which the beneficial ingredient, when exposed to air, changes so quickly as to turn into something quite different. Good; yes but not as good as the original property and definitely not accomplishing the same health benefits.

There is a process that is patented whereby the ingredient is processed so quickly that it retains the original property and can then be dried to a powder and put into vegetable capsules thereby giving you what we deem as, 'a good shot' of it.

Everyone in this office is working towards having all of their families and 'older' relatives improve their health with 'Henry's product.' Please don't take our word for it or Henry's. Get on the internet and research.

We are certain you will be as pleased as we are with the findings and the outcome from consuming this. There seems to be enough research plus anecdotal evidence to support it.

More Protection-H1N1

To.....: FantasticRetirement@gmail.com
From.....: Henry F. Great Britain

Hello To You

My name is Henry T. I live in Great Britain. My cousin, Niles, forwarded your email regarding retired people sharing their health remedies which help them to remain on the good side of the health ledger.

Niles is one member of my family who has benefited from the health information that has very much changed my life and now is changing, for the better, the health of my family and Niles and his family.

I had a constant cough as well as heart issues. I have suffered transient ischemic attacks; in other words, mini strokes. I am not a man to just let the medical

establishment, 'take my hand' and tell me what I should be doing. I do listen to my doctors but I have found that anything termed, 'alternative' or 'natural' is not within their scope.

I read in one of our national newspaper an article where a biochemist, Peter Josling, devoted his life to the study of garlic. He has established the first of its kind, a Garlic Centre devoted to the study of its properties.

I believe that everyone knows that garlic is beneficial to your health but the quantities I always assumed one had to consume to realize the benefits are off-putting because of the odour garlic eaters emit.

The article went on at length about one ingredient in garlic; allicin which changes to other sulphurs as soon as it's exposed to air thereby negating its powerful healing effect. The process of securing the allicin in a stable state has been invented and patented. Medically, it is seen as an herbal treatment, perfectly safe but not able to be licensed in itself which means drug companies are not interested in promoting it. There is no 'big money' to be made from a product that can not be patented.

Josling stated that allicin can be taken as a capsule, a liquid or as a skin cream. It's antibacterial without the side effects of an antibiotic. It can be termed, 'a natural antibiotic'.

Josling ran a double-blind placebo-controlled study of 140 people for one British winter. Half of the people took the allicin capsules and half a placebo. Those on the placebo got three colds on average during the winter and those on the allicin had 50% less colds plus any that got a cold had the symptoms for one day, whereas the placebo group were sick for five days.

Allicin is a natural statin with no side effects. The body recognizes it as a natural extract not a chemical. It causes a significant reduction in cholesterol numbers and blood pressure.

Cancer in the U.S.A. has been studied in conjunction to administering garlic but because regular garlic 'loses' it's allicin so quickly, unprocessed, natural garlic doesn't work as this new, invented processing of garlic does. Allicin has the ability to knock out cancer cells. It boosts the immune system and acts well as a probiotic. (Most probiotics either do not make it through one's stomach acid or unbelievable as it sounds, fight with other probiotics in your digestive tract.)

I searched the Net regarding buying allicin. It was as simple as going to my local health food store and there it was. It's stabilized, has no smell and no taste in capsule form. After taking allicin for several weeks, my wife tells me that there is no 'smell' from my skin. Now she takes it.

To quote Josling, “A clove a day will keep the doctor away”. That’s a capsule a day of allicin. I have even used it, topically by breaking open a capsule and adding it to a little cream, to mend a cut in my hand.

I take one capsule a day and from my research I am sure that my health and longevity will be proof that allicin will give me a long and active retirement.

I didn’t know a thing about allicin. I think that your staff and readers would probably never have heard of it, either.

In Good Health

Henry

P.S. Allicin, The Heart of Garlic Peter Josling

Cheaper Protection

To.....: fantasticretirement@gmail.com

From.....: Henry F. Great Britain

Hello Again.

I hope you don’t mind my sending a second email regarding allicin. I have just found out, the super cheap way, to get allicin into your system.

An odd thing; I mentioned my findings about allicin to a friend who worked in the pharmaceutical industry before he retired. He said that drug companies knew all about allicin and would never deal with it because it could never be a ‘cash cow’.

He also told me how to deal with real garlic to preserve the allicin and not buy the capsules.

“Bring water to a ‘near’ boil. Drop a clove or several, in to the ‘near’ boiling water and keep the temperature at ‘near boiling’ for 15 minutes. He said this kills the enzymes that cause the allicin, on exposure to air from turning to sulfur and being foul odored.

He then said, remove it and chop it and add it to food for a low cost way to get allicin.”

I plan to do this but I also plan to have the capsules because they are so ‘handy’. I asked him if roasting the garlic works and he said “No”.

I shall continue to read about the benefits of allicin.

Take care

Henry F. Great Britain

Summary: How To Fight H1N1 or Any Other Flu or Covid

From the staff at www.FantasticRetirement.com

1. Make sure that you eat for a more alkaline body. (This was explained in an earlier chapter
2. WALK
3. Take Oil of Oregano drops or Oregano capsules. Cooking oregano is not really true oregano. It will not protect. Oil of Oregano is purchased at a Health Food Store. It's anti-fungal, anti-viral and a natural antibiotic which is effective in killing H1N1. Oil of Oregano is also high in antioxidants. Take several drops a day. We use one called Wild Oil of Oregano by the company, Hedd Wyn Essentials but there are others.

www.wildoilforegeno.com

4. Take allicin Daily (We use Allimax)
5. Sit in a farinfrared (not mid or nearinfrared) sauna 3 times per week, (or daily), for 30 minutes. When you are ill and your body temperature rises that is your own body trying to fight off infection with heat.
6. Get enough Vitamin D3, especially in the fall and winter- 2000I.U./day (or in the sun 1/2 hour, 3 times a week with no sunscreen)
7. Stay away from crowds
8. Wash your hands many times a day.

Back To 'Lighter' Things

Deal With The Devil: "My Pants To The Fire"

Remember Tex in Chapter 3. Well, my pants are also," to the fire" . I have taken my weight and measurements and will be letting the NET know my success. The Deal is, I will only let myself have a whole-body vibration machine if, (a) I use it and (b) I hit the treadmill or the street, too. I am my worst 'sloth enemy'.

Pret-tay sure it will work to get this 'lazy bum' healthy. I'm thinking that checking out early is the alternative and I've got lots of danc'n to do and blogs and books to write.

So Tex and I have 'our pants to the fire'.
We hope you got a lot out of, **Live a Lot Longer**.

Eleanor

Oh, Oh There's More

To Quote Hillari Dowdle, past Editor in Chief: Natural Health Magazine

"What I want is more energy along with mental acuity, freedom from pain, a strong immune system and an overall sense of vitality. I'd still like to look my best, but feeling good is what makes life worth living."

"Prevention is still the best cure for any condition, and lifestyle changes are the most powerful weapons we've got in the war on time."

Hillari wrote, in one of her magazine editorials, "There are no magic bullets here, no heroic interventions; you'll find solid, practical information on what you can do right now to promote longevity and vitality in your life".

Those of us, at **www.FantasticRetirement.com**, who put together, **Live a Lot Longer**, echo Hillari's words in regard to the remedies that retirees, worldwide shared. We hope you find many solutions in this book that your doctor approves of you implementing which improves your health.

Final Words To Our Readers

Please be aware that we still welcome health suggestions. By sending your ideas you are thereby accepting and agreeing that your words may be used on FantasticRetirement.com, a blog or in a publication, book, newsletter, soft covered book, publicity publication, etc. Also, by submitting, you agree that your words may be used in a, 'for-free', format or in a, 'for-sale', format to support our web site.

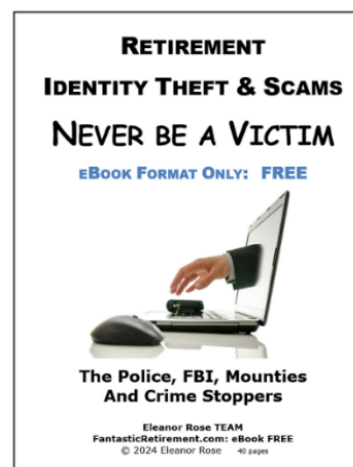
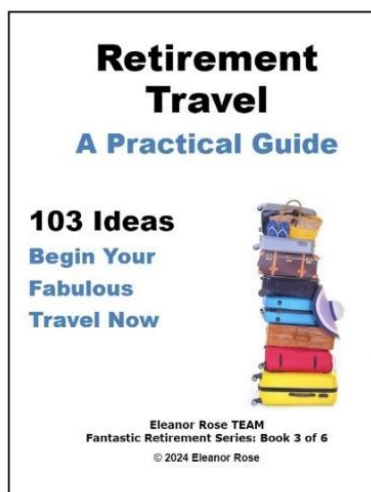
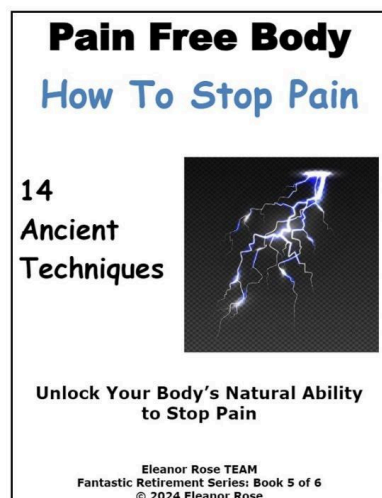
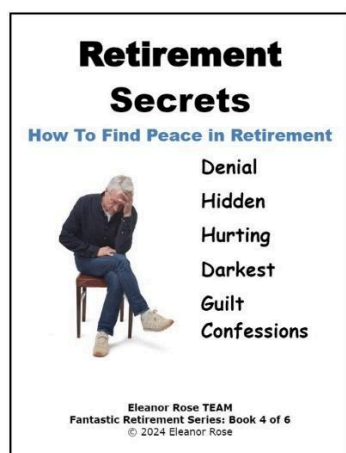
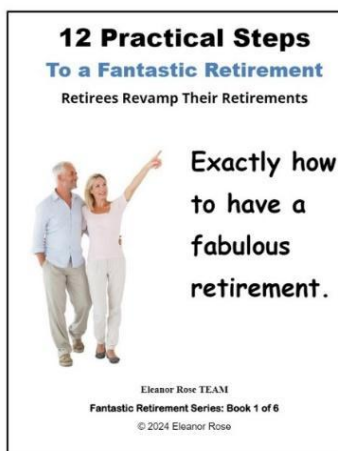
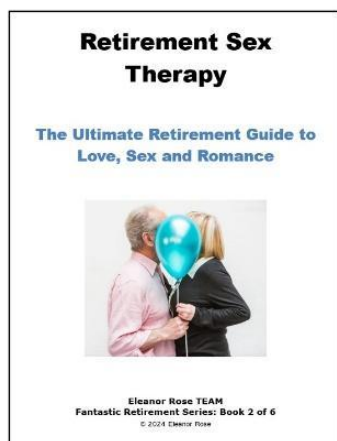
We sincerely appreciate all the retired seniors and retired Baby Boomers who contributed to this ebook. Without a doubt you will have improved the health of many just by your example.

Please forward any health idea we have missed to:

FantasticRetirement@gmail.com

Thanks Everybody!

Other Books at www.FantasticRetirement.com



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