

Eighty is the New Forty

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Eighty is the New Forty

The More I Study.
The More I Learn.
The Longer I Live.
The More Convinced I Am
That Our Behavior,
Has a Greater Influence
On Our Aging Process,
Than Our Years.

Eighty is the New Forty

Author James G McMorris

This e-book is evolving. It was written as the author was taking steps to improve his quality of life in the hopes that others may learn and apply the lessons learned. It has been written to provide information improving ones health, realizing we are all different and what works for one may not work for others. Each of us must understand our own bodies and tweak the methods in order to grow and live the life we desire. The author reserves the right to continue to introduce other actions, ie exercises, supplements, etc as he learns what works best for him. Every effort has been made to make this ebook as complete and accurate as possible. While all attempts have been made to verify information provided in this publication, the author and publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

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Introduction

In my generation the smart ones graduated from high school, went to college, got married and began living their life. In my family, the thought of going to college was never introduced. Of the four family members, Grandparents and parents, I was involved with during my youth, none had graduated from high school, they did OK, why should anyone need college?

As a result my focus was, graduate from high school and go to work. Somewhere in my twenties I realized the error of my ways and enrolled in college courses, no thought of getting a degree, just wanted to learn more about everything. I was over fifty before I received my college degree, a business degree with an emphasis in Economics.

In my late forties I was attending a class where aging was being discussed. The instructor used an analogy, comparing the brain to a tree without leaves. She said as long as one was learning, the brain would grow new limbs, but when one stopped learning, the limbs would dry and fall off. If too many of the limbs fell off one would develop dementia, losing the use of their brain.

I had developed a thirst for learning in my twenties, but this analogy really cemented the process. I developed the saying, "If I am not learning, I am dying." I wanted, and still do, to learn everything that is good. I am not interested in trying things that may do harm, I do not have the time to waste. If something does harm to others, I suspect it will do harm to me also, so I have no interest in harming myself or others.

Another factor that affected my thinking was sometime in my late twenties I felt I was going to live a long time, much longer than most, the age of 150 occurred to me. At the age of 75 I said I have enjoyed the first half of my life and I am excited about the second half. I have come to believe that long life and good health is very much a mental thing. I do not know what the Lord has in store for me, but based on the changes that have happened to the world in the last 75 years, one must be real excited about the future.

So below is much of what I have learned in the last 80 years.

Chapter One

General Health Care

If you wish to live a long and healthy life there are some things that are obvious for most. However, there are some who have never heard, or accepted, the obvious.

1. Don't smoke. I was 14 when I first begin smoking. This was in the early 1950's. My mother smoked, my step father smoked, my grandfather smoked, my grandfather and grandmother dipped snuff. This was common practice for their generation, long before Doctor Koop said the use of tobacco was detrimentally to your health.

I smoked one cigarette a day as I walked home from school. I was also on the track team. After one pack, five days a week for four weeks, I had smoked twenty cigarettes. I also realized that I had less lung capacity than before I started smoking. So I stopped smoking, never smoked another cigarette, or anything else. As I grew into adulthood, and other recreational drugs become more common, the only recreational drug I used was alcohol.

I have been told that even the heaviest of smokers, those who stop smoking before any permanent damage is done to the lungs, will recover completely from the effects of smoking with two years of non smoking. The body is a remarkable thing, it wants to be well, and will heal itself if we just stop inflicting damage.

2. Don't drink alcohol. I begin drinking when I was 20, and in the Air Force. At the time I was stationed at Lowery Air Force base just outside of Denver, Colorado. Colorado laws permitted 18 year olds to drink 3.2 beer. Of course at 5000 feet elevation, 3.2 beer still carried a good kick. I consumed a great deal of alcohol during my four years in the Air Force, cut back a bit when I was discharged, and in my late twenties or early thirties, decided alcohol was doing damage to my body, so I quit. It was not hard to quit, I just quit.

Some six months later I woke up one morning, realized I felt good. Better than normal; reflecting on the feeling I realized I had felt good for several days. Waking in the morning with no headache, no cotton taste in my mouth, just a good overall feeling. My thought was, you mean I can feel this good every day! What a revelation that was, I never had a desire to have another drink.

Some five or six years later I realized many of the decisions I had made during my drinking period were very stupid decisions. Only providence and the Lord had prevented further destruction to my body. In hind site I believe at that point my body had healed itself from the damage done by my alcohol consumption. Unfortunately, some of the mistakes I will pay for all my life.

During my time in the service, the Air Force made a rule that if you consistently drank two or more drinks per day, you were considered an alcoholic and eligible for a dishonorable discharge. I do not know if it was ever enforced, but in hind site, I believe it was the correct rule. I have come to believe that alcohol adversely affects not only your behavior while under the influence, but your thought process and reasoning ability when you are not legally considered under the influence.

Recently I read of a study that gave some pros and cons of drinking. The Pros were moderate consumption of alcohol could help prevent some illness and increase your life span. The cons are; other studies indicate even moderate drinking does damage to the brain cells. Additional cons are; 88,000 people a year die from alcohol related illness's each year in the United States. The article did not indicate if any of these deaths were from driving under the influence.

I must admit, after 80 years of living on this earth, I have difficulty of not getting on a soap box when discussing alcohol. So I will try and keep my comments brief.

Define moderate drinking. I once knew a person who considered themselves a moderate drinker. He had passed out at a party when on his second drink. I was concerned for his over all health and asked him some questions. He revealed he had 4 or 5 drinks at home while getting ready for the party!

We know some people get addicted to alcohol, perhaps we all do, as science has yet to define what causes alcoholism. Some argue by comparing alcohol and marijuana, after observing others for my life span, I say comparing the two could be compared to getting shot or getting stabbed. Neither one appears to do a great deal of good while doing harm. I have made my decision, I have no plans of using either one. I believe the

world would be a better place if they were not used for recreational purposes. But, each of us must make that decision for themselves. As you make that decision, realize that 23 percent of adult men admit to binge drinking five times per month, consuming eight or more drinks in one day. Those drinks could equal 6000 calories, which is more than two extra days of eating for the month. Yikes! Controlling your weight could be as easy (or hard, depending on who you are) as eliminating alcohol. We must also consider the amount of brain damage done by this binge drinking.

3. Maintain a healthy weight. For many, over sixty percent of the population, this is not an easy task. For that reason, much of this ebook is going to address obtaining and maintaining a healthy weight.

As I have written elsewhere I have never experienced a challenge with obesity, my interest is because I have watched friends and family, loved ones, suffer from over weight, obesity, diabetes, sometimes unto death. I have watched them replace knee and hip joints, be wheel chair bound at a relative early age. I have watched them try many of the extreme procedures; stomach stapling, wiring the jaws shut, extreme diets, etc. During the 1970's and 80's I watched "Weight specialists" give people medication to speed up their metabolism, really what many would call 'uppers', which often sped up the heart, and apparently many of the other organs. Years later the medical profession learned that many of these practices were dangerous, some of the doctors were sued. Some of these practices resulted in severe side effects that were not realized for decades.

On the flip side, I have seen others take a more natural approach, losing as much as 200 pounds with no apparent ill effects. I have watched these people shed happy tears as they tell about how the weight loss has affected their life in so many positive ways. I have heard women tell how after the weight loss men would hold the door open for them, where before the weight loss they were treated as a non person, men would allow the door to slam in the ladies face.

Now at 80 years of age, a battle with cancer, another battle with pneumonia, my desire for us all is to find what allows each individual to function at their ideal weight, with good health, enjoying life to the fullest. I

believe it is possible ¹, but we must realize we all are different. What works for one will not work for all. There are many different approaches to maintain good health. my approach is to present the easy, least expensive, first. Why try the hard stuff if easy works?

As someone on the outside, looking in, shall we say, perhaps I have a different perspective, hopefully I can give individual advice that works for the individual. I am not a doctor, I do not work in the medical field, but I have seen what works, radical procedure often appear to render the body to a condition where it has great difficulty in healing itself. Avoid these if at all possible. We do know that the body will heal itself if we do not destroy it in our attempts to have fun and get healthy.

4. Get proper exercise. Everyone agrees we need some form of exercise. What type and how much is the cause for debate. Some say a 30 minute walk every day is good, others want a 10 mile run 3 times a week. If I have a pool available, weather permitting, I am in the pool 45 minutes, 6 times a week. Much of my life my exercise has been limited to stuff I can do at home. A little Tai Chi, Yoga, push ups, recently however, for the first time in my life, I begin working out in the gym with weights and weight type machines. I had no idea it would do so much good. Be aware also, that if you are on Medicare, some of the insurance companies will pay for your membership to a Fitness club. This may apply to others, but I only have experienced two different insurance companies will pay your membership.

Chapter Two

Maintaining Proper Weight

When my Stepfather married my Mother in 1946, his weight was 180 pounds. Within two years he was at 220! At that point he realized he was eating two slices of white bread with every meal, six slices per day. He eliminated the bread from his diet. It required another two years for his weight to return to the 180 where he felt most comfortable.

I have learned from that incident, bread is the first item I check if my weight gets out of the band width where I feel comfortable. Of course, I eat whole wheat bread, or multi grain bread, with no high fructose corn syrup, which was not easy to find in 1946.

I have found that bread consumption is an excellent tool to use in controlling my weight. I can add or subtract the quantity of bread depending on if I wish to add a few pounds, or lose a few pounds. I am sure you will find the same is true for yourself. If you find this is not the case, then I suggest there is another food on your plate that would be the item you can adjust. It just requires some experimenting and learning more about your body.

My Stepfather also had the habit of adding salt to the items served on his plate. He would do this without tasting the food before adding additional salt. My Mother, being the person she was, quickly broke my Stepfather of that habit. She over salted all the food, then when my Stepfather added additional salt, it was so salty he could not eat the food. It destroyed one meal, but Mom felt it was worth the lesson. Lesson learned, my Stepfather never added salt again without tasting the food.

Me..I do not recall ever adding salt to my food as an adult during the meal. My wife and I often do not even have the salt and pepper shakers sitting on the table. I remember those two items, the salt and pepper shakers, were always sitting in the middle of the table at both my parents and my grandparents house. But in this day and age, it may be something we do not need. If you still have the two shakers sitting in the middle of your table, you may consider leaving them in the cupboard.

Sugar is another item to consider in your food intake. As a child I remember eating dried flake cereal. Pep, was the cereal of choice, it was a wheat flake cereal. Corn flakes, puffed rice were also common, but always we added sugar to the flaked cereal. Next time you pick up a box of prepared flake cereal check the ingredients. I suspect you will find that sugar is now rather high on the ingredient list. Was sugar already added to the flake cereal in the 1940's and 50's? I do not know, but it is there now, and people who eat flaked cereal are still adding additional sugar. The product may have changed, but our habits have not. We still do things because that is what our parents, grandparents, great-grandparents.... for generations have done. Many of the habits we have learned from our fore fathers are great habits and well worth keeping in our agenda. Others, maybe not; we should evaluate to assure that we doing the best things for our overall well being. Me..I never add sugar to any cereal.

My current practice for breakfast is a cup of oatmeal (Half cup uncooked=one cup cooked) approximately three table spoons of granola, and about a dozen pieces of walnuts. That is my light breakfast. If I want a larger breakfast, I add a raw apple, or a piece of toast, muffin, glass of orange juice.

The question has been asked, "Can I diet and lose weight without exercise?"

The answer is, "Not without some risk."

If you go on a diet by reducing your caloric and protein intake, (easy to do if you just reduce your over all food consumption, or follow one of the crash diets) you are at great risk of losing muscle as you lose the fat.

Studies have been made that reveal if you are over 50 and go on such a diet the muscle loss will include the heart muscle, thus putting you at risk of heart failure. This study indicated that walking was not enough exercise to prevent the muscle loss. The same study revealed the best method to prevent this muscle loss was weight training with proper protein intake. (This study was for those over 50. I suspect it applies to all ages to some degree. I am not going to take the risk.)

If we use a little bit of logic, we realize that professional athletes do not lose muscle mass as early in life as the rest of us. Some of us, who may

live a more sedate life, will lose muscle mass sooner, while others, perhaps with a bit more active life style, will maintain muscle mass into our thirties. But if the professional athlete can maintain muscle mass into their 40's and 50's, we should be able to do it also. The professional athlete is more concerned about their physical condition than the average individual and thus takes better care of their body. If we want to live a long, active, healthy life, we must take better care of our health. We get busy living our lives and fail to have the motivation to live a healthy lifestyle. Personally I am convinced some of us, if not all of us, begin losing muscle mass in our early twenties, but it is not significant enough for us to notice.

As I have often said, too often we are not concerned about our health until we have a life threatening illness. Too often it is then too late.

As documented elsewhere, when I had my pneumonia experience in early 2017, I lost 21 1/2 pounds. One of the employees at GNC told me weight lifters took a year to gain 10 pounds. My grandson Austin, who is a fitness trainer, supplied me with a suggested diet and weight training program. I gained the 21 1/2 pounds back in 10 weeks!

One thing I believe should be a concern; weight lifting can become an addiction. You feel so good, it is easy to set weight and rep goals, and we just keep moving up the scale.

I have always considered my ideal weight to be 178 pounds. However, since my cancer experience in 2002 I have had a very difficult time maintaining that weight. Indeed, I had never been able to achieve that weight since 2002. Now in the seven months of weight training, once I achieved my prior pneumonia weight of 176 pounds, I stopped the protein shakes and eat as Austin advised without the protein shake. So the only change, is my added apple and walnuts with my breakfast and my weight training program. However, my weight continues to move up. This morning I weighed 182 1/2 pounds. That means in the last 4 1/2 months I have gained 6 1/2 pounds!

My wife continues to tell me I look trim, and I am trim, my waist is still one or two inches smaller than it was prior to my pneumonia. My stomach is flatter, I stand more erect, my muscles are tighter, my blood pressure and at rest heart rate are what the doctor calls teen age numbers. My concern is, how do I adjust my eating and training program to prevent me from becoming a 86 year old, 240 pound, weight lifter?

Everyone may need to answer that question. Stay tuned for further developments.

In the last two months since writing the above statement, I believe I have answered the question for myself. I do not want to look like the guys that work out with 100+ pound barbells. I have reduced my evening dessert consumption, this has allowed me to keep my weight in the low 180's. I continue to work out, but with lighter weights and more reps. This appears to be working, we will see how it is working a year from now.

Chapter Three

Living My Life

A funny thing happened to me as I was supposed to be getting old, I didn't. Well, I certainly got older, but I seemed to miss out on many of things that many of my generation experienced. Why?

The theory is, as we age we reduce the amount of calories we burn, primarily because we get more sedate, as we get more sedate, we lose muscle mass and we put on weight. Women reduce the amount of caloric burn per decade by about 150 calories per day. Men a little less, perhaps because the men do not change their routine to have children. There is no question that women have more difficulty in maintaining an exercise program during their child bearing years. More difficult, but not impossible.²

We men have no such excuse. What happens if you do not get sedate? How much of an exercise routine is required? Based on the routine I had, not much.

As I learn more about what should be done I realize I was very lucky. I often did what should be done just by pure chance. I didn't know that was what I should be doing to maintain good health, I was just living my life.

From my early 30's until my early 40's I walked, nearly every day, to and from work a total of perhaps three miles, carrying a brief case that weighted no more than five pounds. That trip also included a train ride of approximately 20 miles each way. So my walk was always a vigorous walk, often with a short sprint to catch the train. Plus I played church basketball every winter season. A few pushups and setups at home, for 10 years that was my total exercise. The two years before that, I was in a position where I could often ride my bicycle to work. I gained no significant weight during those twelve years. My weight fluctuated from 175 pounds to 183 pounds. And, I lost no significant muscle mass. When I reached the 183 pounds I

reduced my two slices of breakfast toast to one slice. I was under 180 in just a few months.

The rest of my life my exercise program consisted of a few setups, a few pushups and perhaps, if I was lucky, a fishing trip where I dipped a dry fly into a trout stream.

It was not until I was 79 years old that I actually worked out, with weights, in a fitness club!

As I have repeatedly said, we are all different. But we are not that different! Any one could have a program similar that would fit into the life that I lived.

My lunch for those ten years, and much of the rest of my working years, consisted of a peanut butter sandwich, an apple, an orange, a banana, and perhaps a small sandwich bag of raw almonds. Again, I was just living my life. I ate this lunch because I liked it, and it was less expensive than going out to lunch at a local pub where I would have eaten a sandwich or hamburger with a beer or soft drink. Turns out it was healthier too. But I gave that no thought at the time.

I hope those reading this, now in their twenties, will now realize their behavior really does count. What you eat and the exercise you practice really is important.

The real silver lining is science continues to learn the necessary corrective steps that will allow your body to heal itself. If you have not received permanent damage, there is an excellent chance your body will heal itself when you practice the correct behavior.

If you focus on foods that support your immune system or fight inflammation you will find you can live a much healthier life. You can begin by looking at what foods are not on such a list; Red meat, alcohol, tobacco, deserts, such as cake, cookies. I am not sure alcohol and tobacco should be considered food, but we do consume them.

Foods that support our immune system include; bell peppers, broccoli, citrus, spinach, yogurt, almonds, garlic, ginger, poultry, kiwi, papaya, shellfish, sunflower seeds. (Personally, I avoid sunflower seeds, I knew a gentleman who loved sunflower seeds. He had a handful of them much of the time. Somehow, a seed penetrated his small intestine, he required surgery to repair the damage.) So if you are going to eat sunflower seeds, chew them well.

Anti-inflammatory foods include; Blueberries, beets, broccoli, raw oats, dark chocolate, wild salmon, red peppers, whole grains, spinach, eggs,

garlic, raw honey, apples, nuts, oysters, yogurt, white tuna, bone broth, ginger.

As you can see, it is possible to live very well from the foods on these two lists.

The only Dark Chocolate that I consume, or recommend, is Healthy Chocolate now sold by Beyond. Currently I am a Preferred Customer. You can learn more at get-chocolate.com

Chapter Four

Retirement

I was 64 years old when the infamous 9/11 happened. At the time I was working for a company that built communication and weather satellites. We were building and launching 12 to 15 satellites a year. Within six months we were down to five satellites scheduled to be launched over the next year. No one knew what was going to happen. The world wide market for satellites dried up.

Staffing had to be reduced by somewhere near 50 percent. As I was just a few months short of being 65, I was one of the most obvious to be laid off. However, I was very fortunate, because of my unique set of skills, the networking, the friends I had, within a month I was hired as a consultant for another firm that was using the same engineering tools we were using.

Unfortunately three weeks into the job, my doctor received some test results from several weeks before I was laid off. The tests indicated I had cancer. Lymphoma cancer, a goose egg size tumor in my lymph system near my left kidney. In all probability this tumor was a result of me working as a flag boy for a crop dusting company when I was 13-15 years old. I, along with others, would hold a white flag in the air while standing at the edge of the field. The pilot would fly past us, we would then step off a set number of steps, depending what type of insecticide or weed killer we were spraying. Obviously those of us holding the flag would get some of the spray on us, and as we were not wearing any mask, we would breath some of the spray into our lungs. In the 1940's and 50's the belief was that the insecticide or weed killer would kill the insects or the weeds, but it would not harm humans.

All one can say, 50 years after the behavior, is, all our behavior has consequences.

But once more the Lord smiled on me. I had a nutritionist prescribe some immune boosting supplements. These supplements appeared to help as I went through the chemo and radiation process. However, I stopped taking the supplements after the chemo and radiation was complete. During the follow up tests I noticed the blood tests indicated my immune system was

deteriorating, not enough for the doctor to be concerned, but I was concerned.

I went back to my nutritionist, he said, "Jim, I told you, you must take those immune boosting supplements for the rest of your life." So I took them for the next six years. During those six years my immune system stayed positive, but I noticed, after about three years, my blood pressure was moving higher. When I asked my oncologist about the higher blood pressure, he said, "All my patients have high blood pressure."

I asked if it was due to the cancer or the treatment, his answer was, "We do not know." My thought was, "Great, cure the cancer, kill me with high blood pressure."

Another issue was my weight. I have always been on the slender side, at 6 foot 1 inch, and 178 lbs, I felt good. During the chemo and radiation procedures I lost weight, as most people do, and I went all the way down to 158 pounds. At 158 pounds, I was weak, no stamina, so I was very interested in gaining weight, I quickly gained back to 163 pounds, but that was it. No matter what I tried, I could not get over 163 pounds.

I continued eating and exercising in an effort to gain weight and get my blood pressure lower to no avail. At one point my blood pressure was 159/90. It was still in that range, and I was still 163 pounds, when I became a distributor of Xocai Chocolate in June of 2008.

Interestingly, the Xocai people told me if I wanted to lose weight, just eat a piece of chocolate about 30-45 minutes before each meal. This would help one control their portions and lose weight. (Since then MXI has developed the Xocai Chocolate Meal Replacement Shake, it is much more effective at losing weight.) However, if I wanted to gain weight, eat a piece of chocolate after each meal. So I begin eating a Xocai Chocolate X Power Square after each meal.

Four months later in October 2008, during my semiannual follow up tests, my oncologist told me he felt it was no longer necessary for me to take the immune boosting supplements. So I stopped the immune boosting supplements but continued to eat Xocai Chocolate. Subsequent blood tests

proved the oncologist was correct, my immune system has stayed in the positive range ever since.

In June 2011, after three years of eating Xocai Chocolate, I had an occasion to go through a series of medical tests.

EKG good; Chest X-ray Clear; Weight 172 pounds; Blood pressure 110/63; Pulse 62; Oxygen level (where they put that instrument on the end of one of your fingers) 100 percent

I had never heard of any of my contemporaries(I was 74 in July 2011) measuring 100 percent on the oxygen intake. So I asked one of my doctors if that was normal.

He said, "No, you are not getting older, you are getting better."

I really like his diagnoses.

However, into everyones life, some rain must fall.

In March of 2017, I was diagnosed with pneumonia, the doctor told me I had pneumonia in multi locations, in both lungs. I spent six days in the hospital, lost 21 1/2 pounds, all the way down to 154 pounds, frail, was the word my wife used to describe me.

But once more I was blessed. I have a grandson who is a physical fitness coach. I contacted Austin and told him I knew I needed to put the weight back on, and I did not want it to be fat. Could he help me? Austin was kind enough to send me a suggested diet, and a suggested exercise program.

Three weeks out of the hospital and 3 days off oxygen, I was in the gym. The Fitness Coach showed me how to use the machines Austin had suggested, we had to set them all at 60 pounds in order for me to work the 12 reps, 3 sets Austin suggested. All except the bar bells, starting with the 10 pound bar bells, I got 3 reps into the second set, could not do it and hold my posture. We moved to the 5 pound bar bells. As I continued my program it became obvious that my muscles could not recover doing the program ever other day. The Fitness coach suggested I do one set using the heaviest weight I felt comfortable with, and as many reps as I could handle.

So that is what I am now doing, six months after I begin, all the weight machines are set at 100 pounds. I do 15 to 21 reps, depending on the exercise. The bar bells I do an assortment, still trying to feel my way through the program. I can do 30 reps with the 15 lbs bar bells with ease, 15 reps with the 25 lbs is a struggle, as is 2 reps with the 30 lbs. The 35 lb bar bells, I pick up and carry around just to let my muscles know there are heavier weights. Ha, Ha.

As noted elsewhere a GNC employee told me weight lifters required a year to gain 10 pounds. That same employee also told me weight lifters weight would change 4 or 5 pounds during any given day. At the time I did not believe what he was saying but it appears to be true. In the last two months my weight has varied from 178 to 184.

Currently I weigh 180 pounds, my waist is two inches smaller, I stand straighter, feel better, and suspect the last time I had this much muscle mass, I was seventeen, throwing bales of hay onto the flat bed hay truck.

As this was happening I realized I had to document as much as possible. I want everyone to know getting the proper exercise and nutrition, eighty, can indeed, feel like forty.

But I continue to experiment, I try different supplements, some work, some do not. But they may work for others.

Based on what I have read and my experience, I have come to believe exercise as we age is critical. I have come to suspect our bodies do not wear out because of the way the Lord made us, we wear out based on our behavior.

Some of the things that happen as we age can be prevented or even reversed with the proper exercise.

As we age we tend to lose bone mass, making it easier to break our bones. Solution: proper workout with weights will add bone mass, thereby making our bones stronger.

As we age we get more sedate, and do not use all our muscles. Proper muscle tone helps us maintain our balance.

Solution: Tai Chi is a safe, slow exercise, that uses the muscles that help us maintain our balance.

As we age and lose muscle tone, we lose our reflexes, we do not react as quickly to situations, thus putting ourselves at greater risk.

Solution: Ping Pong is a great exercise that helps us develop and maintain our reflexes.

As we age our brain loses volume, getting smaller, if it gets too small it will eventually lead to dementia.

Solution: Any exercise is helpful, including mental exercise, but a recent study at Wake Forest University shows that aerobic exercise is significant better than previously thought, not only preventing brain loss but actually reversing brain loss!

Chapter Five

Eighty is the New Forty

What has not worked for me

Kale, any form of Kale, it just does not work for me. Advertisers claim that a certain 'Green Drink' brings back your youth. I have found that Kale gives me gas. To the near point of pain, most certainly discomfort. This green drink contains Kale. I cannot, will not, drink this 'Green Drink'. Indeed I have reached the point that I will not drink any green drink. Nor will I eat kale.

I am one who does not believe the saying, "No pain, no gain". Be it exercise, or food, if there is pain, in my opinion, there is damage. Life is too short to deliberately do ourselves harm.

For that reason, I have never tried these, "Cleanse" programs or drinks.

Nitric Oxide Supplements are promoted to clean out your arteries, lower your blood pressure, correct ED, give you more energy, etc, etc. I tried Nitric Oxide supplements for about five weeks. My Blood Pressure went up! Not just a little either, I could tell the difference, I knew something was wrong. I checked my BP, both numbers were up approximately 40 points! I stopped taking the supplements, within a week my BP was back to what is normal for me at the time. I do not know if my reaction was only to that specific brand or all Nitric Oxide supplements. I only tried one brand.

There is one caveat. There may be a connection between my chemo taken 14 years earlier. One of my Oncologist's told me all his cancer patients had high blood pressure, so some damage must be happening. We really do not know how much damage was done to my arteries from the chemo, or how long it will take to heal. Until we do have that data cancer patients should proceed with caution when considering nitric oxide supplements.

There have been numerous vitamins and supplements I have tried that showed no difference that I could detect. As with most of us here in the United States, I take Vitamin C when I feel the first symptoms of a cold and suspect I will continue this practice. I would recommend everyone try

different vitamins and supplements, watch how your body reacts and how they affect your overall health.

Chapter Six

What has worked for me

Healthy Chocolate- I know some people would say this is an oxymoron, but the United States Government would disagree. There is one chocolate that can legally call itself Healthy Chocolate³. I became a distributor in June 2008. In September of 2017 the company 'encouraged' me to become a preferred customer⁴. This was done because the laws have changed. If you are not earning money as a distributor, you must be a customer to prevent you deducting your losses from your income taxes. Selling is not one of my strong points, I rarely earn money in an MLM situation. But my wife and I both really like the results of the chocolate.

This chocolate is processed with a patented cold process that does not destroy the nutrients of the raw chocolate. This allows many good things to happen. Note the natives of central America who drink 3 to 5 cups of raw cocoa per day rarely have cancer, heart disease, etc, etc.

I just want to address one area, ORAC⁵, the measurement of antioxidants. Antioxidants kill free radicals, free radicals are directly connected to the aging process. Studies have been made that indicate if one consumes more antioxidants than free radicals it reverses the aging process. This has been accomplished at the cellular level in laboratory tests.

Ten or twelve years ago the Federal Government claimed individuals should consume 1500 ORACs per day, they continued to increase this number, the last count I heard was around 5000, but this may be low, as they continue to make adjustment. Some experts say 10,000 is a better number. Personally, the question I have is how many ORACs are too many? Currently I am consuming one X power Square, (6 grams of Chocolate) 37,000+ ORACs, and 1/2 a can of the Xe Energy drink, (The companies energy drink, made with chocolate and fruits juices, tastes like

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carbonated grape juice) 40,000+ ORACs each day. I know people who consume over 100,000 ORAC's per day from the chocolate products. They appear healthy to me.

One more note concerning the chocolate. The person who sponsored me jokingly said he felt everyone who begin eating the chocolate should make a list of all their little aches and pains before they ever begin eating the chocolate. His argument was in a few weeks, all their aches and pains would be gone and without the list they would never remember they had the aches and pains.

Recently I allowed myself to run out of my X Power Squares, I was out for about 3 weeks. After about 1 1/2 weeks I noticed arthritic pains in my hands. (I have hit my hands with a hammer several times in my life time.) I had hoped the Xe Energy drink would supply enough ORACs but apparently there is some other ingredient from the chocolate that helps prevent the arthritic pains. Fortunately when I received my order of chocolate, I consumed 5 X Power Squares over a 3 day period and my arthritic pains were much less.

It has now been 3 1/2 months since I begin consuming the X Power Squares again. I no longer notice any arthritic pain.

A supplement that has worked well for me is Doctor Al Sears Omega Rejuvenol . Omega Rejuvenol is listed under the Anti Aging, if one wishes to check it out. I have been a fan of Doctor Sears products for several years, I tried the Omega Rejuvenol for several months in 2016, was very impressed but stopped to try something else. The competitors product was not as good as Doctor Sears Omega Rejuvenol so I applied for and received approval to become an affiliate marketer for all of Doctor Sears products.

The Xocai Chocolate and the Omega Rejuvenol are two products that I intend to consume for the rest of my life. The positive impact they have had on my well being is too good to allow to slip away.

Two exercise programs have worked best for me. When I get rich (I like to say that, I want my sub-conscious brain to realize some day we will be rich, however I suspect my sub-conscious brain would do a better job if I set a date.) I will have both programs.

Swimming and weights; Vigorous swimming and running in place in a four foot deep pool really gets one in shape. The at rest heart rate and the blood pressure go down to what I like to call teen age numbers. Thirty to forty five minutes is generally enough.

Working with weights is something I do not have a lot of experience, only about six months. But I really like the way I feel, my BP and at rest heart rate are both down in the teen age numbers. I continue to increase the weight and increase the reps. Watching others in the gym as they work out, I realize we come in all shapes and sizes, and all conditions. The common ingredient is we are all improving our physical condition. Anyone can do this, it is just a matter of discipline.

It has now been 9 months since I begin the weight program. Instead of eating a desert every evening, I eat a desert once or twice a week. My weight is in the 180-182 range, about 4-6 pounds more than it was before pneumonia. My waist is still about 1 1/2 inches smaller than it was before pneumonia. I can do 40 reps with the 15 pound bar bells, 20-24 reps with the 20 pound bar bells. I lift the 45 pound barbell, one in each hand, where two months ago it was the 35 pound barbell. (I do it standing, and lift the barbell to my waist.)

(You will note there are events that have been written out of sequence date wise, I decided to leave it this way so everyone can see the process. I have attempted to indicate the number of months I have been in the program.)

Chapter Seven

Eighty is the New Forty

So here we are, seven months after my release from the hospital for what was a very bad case of pneumonia. My weight is in the high 170's sometimes in the low 180's. Thus gaining back a few more pounds than I lost. My belt is notched one or two notches tighter than before my pneumonia experience.

I have added three more weight machines to my program to the original five Austin suggested. I have also added the rope attached to the wall exercise. I have found this is an excellent whole body exercise. Done correctly, every muscle is tight as you flip the rope. Take care with this exercise. As with any free weight exercise it is easy to have improper posture during the exercise and strain a muscle.

The leg press is easy for me over do and strain my tendons. For that reason I do not do the maximum reps that my muscles can handle. I begin at 80 pounds, dropped to 60 pounds, worked up to 100 pounds, dropped back to 90 pounds. Now doing 90 pounds with 21 reps. I will go back to 100 pounds and reduce the reps to 15. Then work up over several days to 24 reps. At that time I will go to 110 pounds, 12 reps and see how it feels. That is the program I follow on all the routines. When I increase the weight I reduce the reps, adding 1, 2 or 3 reps each exercise day until I reach the higher reps.

I struggled with the 25 pound barbells for six weeks, before I reached 15 reps. Then I picked up the 30 pound barbell and did four reps, the maximum that I could do, my mental schedule has me scheduled to do seven reps with the 30 pound barbell on Monday.

I generally finish with lighter barbell, and maximum reps. When I was using the 25 pound barbell I finished with the 15 pound barbell, 30 reps. When I replaced the 25 pound with the 30 pound barbell, I replaced the 15 pound barbell with the 20 pound barbell. I could only do 12 reps.

The 20 minute treadmill exercise and the rope exercise, I push myself to where I get my breathing and heart rate going pretty good. When I begin my max speed on the treadmill was 3.5 miles per hour for one minute. Now it is

over 5 miles per hour for over a minute. Now I keep the speed 3 and above for 18 of the 20 minutes, with 2 to 5 of those minutes above 5 minutes. This forces my breathing to be deep enough that even at rest my breathing uses most of my lungs. I still test 97 or 98 with the finger gage used to measure your oxygen intake. I am convinced if you are one of those people who fall asleep watching TV very often, you are not getting enough exercise, you are not breathing deep enough, and you are at risk for pneumonia.

My current at rest heart rate measure is 58 to 62. My blood pressure range is 110 to 120/ 60 to 65. That is at age 80. Which is about the same numbers as when I was at age 40, and 18.

I have come to believe that the mind has a great deal of influence concerning living a long, active, healthy life. If you believe you are going to live a long, active, healthy life, your behavior will change. As a friend of mine once said, "If I had know I was going to live this long, I would have taken better care of myself."

But if you believe you are going to live long, active, healthy life you will take better care of yourself. So it is necessary to have the proper mind set. You must learn to recognize when your body is adversely affected by your behavior or some outside source.

Be grateful for what you have. Have a positive outlook on life. Smile as much as possible. You can always force a smile, even if the smile is forced, you will still feel better for the smile.

Reduce your stress by marrying the correct person. The best advice I have heard on this was from my sister-in-law. "Do not marry for money, for money can deceive, do not marry for looks, for looks will fade away. Marry the person who makes you smile, for your smile will change your world." This is really true, your smile will change your world. People treat a person who is smiling better, friendlier, and more positive. I am convinced smiling will make you healthier.

We should all be interested in a study Doctor Sears conducted where he had his patients consuming Omega Rejuvenol plus some of his other anti aging supplements for thirty months. Physical tests revealed that nearly all

appeared younger at the end of the 30 month study. The average was 14 years younger!

I was interested in the fact that Doctor Sears, at the age of 61, appeared to have the heart and lungs of someone younger than 30 years of age. Apparently Dr Sears has used himself to test his products. I suspect he has been taking the product longer and at a higher dosage than he recommends to the general public.

Jeanette Brooks did this when she developed Xocai Healthy Chocolate. (Go to You Tube and search for 'Jeanette Brooks Xocai Healthy Chocolate'.) This is the chocolate shown on my Get-Chocolate.com web site. Also see previous emails showing where this chocolate can be purchased.

What am I going to look like after five years of consuming Omega Rejuvenol and Xocai Healthy Chocolate? I am excited!

What would you look like after five years of Omega Rejuvenol and Xocai Healthy Chocolate? Are you excited?

Reference:

1) Congress appears to agree with me;

According to the Dietary Health and Supplement Act; “Congress finds that the use of dietary supplements will prevent disease and promote wellness, increase longevity and quality of life... while lowering the long term health care costs.”

2) I know a lady who is a physical fitness coach. She has two children, she looks like super woman. Let me know if you want some tips from her, perhaps she will help us.

3) www.get-chocolate.com

4) https://www.xocai.com/?OwnerId=66246&external_id=66246

5) Oxygen Radical Absorption Capacity

6) <https://primalforce.net/?aff=1957>