

HOW TO LIVE A HEALTHY LIFE

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Much of the material in this book I have used in the many presentations that I have made to various sized groups, where I observed a lot of different faces; some round, some thin, some young, some old, some pretty and some ugly. You know there are only a few of us that have the distinction of being truly ugly, so you may be in a very select group. I also saw happy, questioning and guarded looks but in general very good-looking audiences. But when you get right down to it, it makes no difference what we look like because we're all basically the same. We're all here for the same purpose, which we will discuss later.

People study physics, chemistry, biology, astronomy, psychology, sociology and other sciences, in an effort to define Reality or Truth. Well, I've studied, experimented, read results of surveys and results of other people's experiments and studies over the last 50 years or so and have put together some generalized results that I would like to share with you. I'd like to share my interpretation of Reality or Truth. Keep in mind that it's not an easy subject but very complex by virtue of being subjective with many unknowns. At the basic level it can be very difficult because so many variables like what specific vitamins do, what specific minerals do and the astronomical number of combinations, permutations and interactions at different respective levels. It can be very confusing to say the least. But if we step back from the details and take a look at the big picture, it really becomes quite simple with many unanswered and unanswerable questions, so hereafter, we have to apply a very large helping of Faith. Many things we do may take years or decades before we become aware of the results and yet with some, we never will know the final results. Even after we are aware of the results, we then have to decide whether they're good or bad or even in the direction we wish to go.

We are a mass of chemical and electrochemical systems. We have a psychological side, a physiological side and a Spiritual side, which, frequently, is difficult to distinguish the contribution or interaction or which is the cause and which is the effect. Each of us interprets reality or truth for him/herself through our conscious mind. The laws of nature or all-encompassing with no loopholes, no magic and certainly no compromise. We will conform or die. If we have a conflict, we lose. But our interpretation does not detract from our need to conform. A good example is gravity. It has been here all my life, it's the same every day and will be here long after I'm gone. I can choose to ignore it and try to exist without it, but it will prevail no matter what I think about it. There is no compromise.

I want to point out a few definitions, so we know what we're talking about:

Cause-and-effect: with every action on our part there is an inevitable result at some point in the future. The length of time to reach the result depends on the decision or action itself: some are instant, some are in minutes, some are hours, some are in years, and some are even decades, eons or millennia.

Mother nature - the set of physical laws of our world into which we as a species have evolved over millions of years.

Natural - occurs in harmony with these laws.

I would like to set the stage with a few statistics. These numbers we are about to discuss are constantly changing and are going to depend on a lot of different things, but this will show the trend and a general idea of where we are:

- 82.6 million Americans (2023) have coronary heart disease (CHD). Over 50 million Americans suffer from severe heart disease. Every year, about 805,000 people in the United States have a heart attack. (National Institutes of Health/National Library of Medicine).

- In 2021, It is estimated that over 100 million American adults have allergies. (NIH/National Library of Medicine).

- In 2023, 24.3% of adults had chronic pain (Center for Disease Control and Prevention (CDC)). Most others live in fear of pain

- In 2023, 79.2 million US adults were overweight, more than 109.5 million have obesity and about 23.8 million have severe obesity (NIH/National Institute of Diabetes and Digestive and Kidney Diseases))

- In 1980 there were 5.6 million diabetics in the United States. In 2010 there were 23.4 million diabetics. In 2021 there were 38.4 million (16.5 million seniors) for a cost of \$174 billion. Presently, there are 77.1 million prediabetics. (NIH/National Institute of Diabetes and Digestive and Kidney Diseases))

- 21 million adults and 3.7 million youths (12 – 17 years) had at least one episode of major depression in 2021 with 27% taking antidepressants. (National Institute of Mental Health (NIMH)) estimates.

- 134 million suffer from respiratory problems with more than 35 million people living in the U.S. live with a chronic lung disease like asthma and COPD (American Lung Association)

- Recent studies of medical errors have estimated errors may account for as many as 251,000 deaths annually in the United States (U.S.), making medical errors the third leading cause of death. Error rates are significantly higher in the U.S. than in other developed countries such as Canada, Australia, New Zealand, Germany and the United Kingdom (U.K.) (NIH/PubMed).

- 58.5 million (23.7%) U.S. adults have arthritis (2018 CDC).

- 60 to 70 million people affected by all digestive diseases (2010 NIH/NIDDK).

- In 2023, 105,007 drug overdose deaths occurred (NIH/CDC).

- We could go for a long time, but these statistics are just a sample.

Is this natural? Were we put on this earth to be sick and diseased? To spend a large part of our life sick in bed or in a doctor's office or a hospital? I don't think so. I think it is natural to be healthy. Being totally healthy is very-much different than just staying away from disease. I call it Positive Wellness. I like to think that we can do something about it and make a difference in our lives and those around us.

When we lived on the farm, we were accidentally healthy and didn't realize it. We had chickens running around eating seeds, stones, bugs, worms and just about anything else they could find to give us one of the most perfect foods - eggs and also meat. We had cows eating grass, weeds, hay, grains, drinking fresh water and giving us milk and meat. We had pigs in the pen where they rooted for worms and slugs and ate grains, garden vegetables and leftover food scraps from meals. We had a vegetable garden where we planted enough vegetables to feed the family for a year; maybe we had to do some canning and preserving to keep all winter. We had fruit trees and vines spread around the farm like apples, pears, peaches, mulberries, blackberries, wineberries, strawberries which we used to make jams, jellies and pies. We had fresh water

from a stream or a well with water fresh out of the ground with minerals we needed. We went to bed early, not too long after dark and got up in the morning with the chickens right after sun-up. We worked hard all day which made us strong and able to burn off the calories we ate. But today, we depend on other people to supply our food, which is a source of many problems we have to deal with. We are going to talk about that when we talk about Food Supply a little later on.

When I was growing up in the 50's and 60's in rural Pennsylvania, I would hear friends, relatives and neighbors talk about their ailments and symptoms like gall bladder, gall stones, ulcers, high blood pressure, heart attacks and cancer, to name a few. Some would go into great details about some of the treatments and procedures they had to endure like a gall bladder operation or open-heart surgery. Some even talked like they were actually proud of having to go through it all or like a martyr. I never understood the reasoning to brag about going through such things. So, at an early age, I began to wonder "when will it be my turn to be sick like this? When will I have to step up and endure all these problems? And what will I come up with - gallstones, appendicitis, heart attack, cancer? Should I be "worried" all the time about what the next illness will be? Should I plan to spend much of my time in the emergency room or the nearest hospital or doctor's office? Should I be afraid to go very far away from home from my source of medical care or drugs.

To start our thinking, I need to ask a couple questions. Why do you eat? Think about this for a minute before you answer. Why do you eat? Why do you eat what you do eat? Is it because it tastes good? You feel like it? You feel like something sweet? You're frustrated, bored, angry, it makes you feel good, it's a habit, the clock says it's time to eat OR, do you do it because you know your body needs certain things to function correctly. Like me, you probably had very little formal education in nutrition. I was taught that you must eat something from the four basic food groups like milk and dairy, meat, vegetables, bread and cereal every day. You also need a little sugar in your diet. Now that I think about it, my family never discussed much about diet except my father always said: "if you eat a variety of things, you will enjoy your life so much more." I believe he was right. We will talk about this when we talk about Digestion.

Do you think you can eat over processed, overcooked, over salted, over sugared food, drink alcohol, smoke cigarettes, stay out all night, get a couple hours sleep and come out with a beautiful, strong, clean, healthy, sweet-smelling body? I don't think so. If you think you can, I think you're being naïve. It's like computers, GIGO, garbage in, garbage out.

When I was in my early 30s. I had a good job, a wife, two kids, two dogs, two cars, a big house, a big lawn, a vegetable garden, fruit trees, very busy. Actually, I could not have been any busier. One afternoon my father called and said, "your mother has been diagnosed with a gut cancer." That hit me very hard. We all lived through the many treatments with her. She had surgery, many times, chemotherapy, radiology, immunology and all the art that they could bring to bear, all to no avail. She died in 1975 at age 55 after being under treatment for three and a half years. I remember visiting her in the hospital about a week before she died. When I opened the door to her room, I had to check the number to make sure that I was in the right room. I did not recognize her. She looked like a skeleton with skin stretched over it. As I approached her bed, I kind of said to myself, "Is this me in 20 years? Is this what I am going to have to look forward to?

So, we were talking during my visit, and she was telling me some things that she was thinking about and what the prognosis was, what her next treatment was going to be, and after that, maybe she can come home in a week or two and do some other things she had to do. I was telling her about some of the things I was doing on my job. I was an engineer at the time and told her about some of the problems I solved as

part of my job. She then looked at me and said "solve my problem." I was dumbfounded. I felt helpless because I did not have any information whatsoever pertaining to how to help her. We talked a little bit longer and I could see she was getting tired. So, as I got ready to leave, she looked at me again and said "take care of yourself, because remember, cancer is inherited." That hit me like a ton of bricks. What am I going to do? What is it? What is the answer? What should I do? I did not know what to do.

I visited my dentist about two or three weeks after that and we were talking about teeth and health and a few other things. At one point he looked at me and said, "Have you read Sugar Blues?" I said, "No." He said, "I recommend it." So, I went out right away and bought a copy of Sugar Blues by William Duffy (published in 1975) and read it. That gave me some information, and a direction in which way to go to search for answers. Because of that, I began to realize that our body depends on what we do and do not feed it. So, I began to search. I subscribed to Prevention magazine and other similar magazines and papers. We did not have internet in those days. We depended on printed forms of social media like newspapers, magazines, library books and periodicals, technical journals, etc. I subscribed to a couple of courses like Nutripathy and some others on holistic health and similar subjects. About that time, NASA had just put a man on the moon and there was information becoming available on minimum daily requirements of vitamins and minerals, and the kinds of things needed to support a human outside of our environment.

So, I studied for a couple of years the information available at the time and put a presentation together on "How to Be Healthy in Today's World." Because I took the holistic approach, it had to include everything that we are involved with in our life. The presentation was about 90 minutes with about 30 slides. I presented it at two DuPont sites, a Hewlett Packard site, a few civic associations, and other social gatherings for a total of about 15 times. With this experience, I began to realize and understand a few things about people and their understanding about being healthy in today's world.

Almost every presentation became very emotional because people became uneasy and sometimes angry at some of the things that they were hearing; like as if it was my fault. They would come up to me afterward and ask many different questions but the question most of them ended up asking was "what is the one thing that I can do in the morning before work or after work that I can do to make sure I am healthy?" My answer was always "take responsibility for your health." They, invariably, I did not want to hear that. That response was not simple enough. What they were trying to get at is, "is there a pill that I can take, that is going to make me healthy?" My response was always "health does not come out of a bottle." Health comes in a proactive holistic approach in our mind, basically a mindset. Throughout my life I have heard the saying that "you never know when your health is going to go bad," And I never heard anybody refute that, everybody agreed with it which tells me that people really do not know much about themselves. People live under the supposition that somewhere in the universe, there is a heart attack, or a case of gut cancer or whatever, floating around that is going to come down and strike them. So, they live under this cloud of fear all their life. Some people deal with it by indulging in diversions of some kind. They get involved in sports, they travel, they watch TV, or go to all kinds of comedy shows, hobbies, all sorts of things for entertainment so they don't have to think about life. This may be the reason that gambling and alcohol are so popular. Health seems to be a big unknown that they don't know how to approach. Most people do not want to think about it, so they take the cavalier approach and just deal with it when it happens, like as if they are a victim. Most turn to the medical establishment for treatment of whatever ailments arise because there seems to be an unwritten assumption or understanding being promoted by certain professional, businesses and some government organizations who control the way information comes to us, possibly not consciously, but it's there, that is if we have health insurance and a doctor, we're somehow going to be Healthy or safe from disease. I believe this assumption is incorrect. I think we should strive for good health

and what I call Positive Wellness. What would you give to have excellent Health? So, by the way, this is where I would like to take us but only if you are willing to make the effort to develop the mindset and take the journey with me. I think you will be pleasantly surprised how easy it is. Once you know some of the basic laws and mechanics, the mystery, magic and miracles will dissipate and you will see life the way it really is - TRUTH.

A very large part of the information related to Health that comes our way is from the Medical Industry. I need to ask you what does the Healthcare (Medical) industry make and sell? Is it Health? If so, why are the statistics I presented earlier so bad? Why are the Healthcare professionals not the healthiest people in the world and live the longest? Actually, they make and sell relief and treatment of disease and ailments, NOT Health. Treating disease is where the money is and leads to more treatment of disease which does not lead to health. So really, today's Healthcare is not healthcare, it is disease care. Let's call it what it is – "Diseasecare." It's not promoting health. Treating disease is based on the disease mindset, which is to kill all the bad actors in our body. When we have a disease mindset, that is exactly what we get. We are going to talk about this later-on also.

Actually, when we are born, we have no responsibility. Our parents take care of everything. They feed, nurture and teach us. They wipe our butt and change our diaper. They make sure we are safe. We have no responsibility. All we have to do is exist and grow up. Then we go to grade school, with a little bit more responsibility to learn some basics of relationships. In high school, we are responsible for our homework and prepare ourselves for the future. Then we go off to college where our responsibility gets a little bit heavier, because now, we are sort of on our own. When I turned 18, my father came to me and said, "I have watched your hide for the last eighteen years, so now, it's your turn," (which was scary.) We have more things to do to take care of ourselves. We maybe have a form of transportation or loans we have to take care of. We have the responsibility to graduate. After that, we may have to present ourselves for a job with greater responsibilities. If we choose to get married and have some children, that takes us to the next level of responsibility. So, what is the ultimate responsibility? The ultimate responsibility is to take full responsibility for our Health and our life. It is our life so who else should be responsible? Nobody else, not even a Doctor.

Well, most things have changed a lot in recent years with the establishment of minimum daily requirements (or daily allowances we call them today), thanks to the space program which started it all. There is much more research being conducted today, generating a huge amount of information each year. In fact, there is enough information in the world today that there is no reason (or excuse) to be unhealthy.

So, you say to me, "Okay wise guy, you have convinced me that I need to do something about my Health. So, what DOES it take to be Healthy?" Well, that's why you're reading this book and that's what I intend to do, is outline what it takes to be healthy. Please take it in a positive way. Think about what I should do and not what I should NOT do. Negative thoughts do not lead to positive results. We don't get Healthy by Not sitting on the couch, Not eating junk food, Not getting enough sleep, Not drinking too much alcohol or Not doing anything else. Health comes as a result of being proactive and DOING exactly what your body and mind need to have to be Healthy.

Please bear with me while I take a few pages to develop a base on which we can build a better understanding of some of the concepts. These stones are the foundation of our road on which we will travel to Positive Wellness, so we want them to be firmly in place. I can't teach you to walk on water, but I can show you where the rocks are. It will not cost a lot of money and may save you a lot of money, time and

pain, but it will take a lot of commitment, investigative thinking, experimenting and learning what life is all about so you know how to navigate in this world.

Safety

Accidents

Figure 1

I worked for 18 years at E. I. DuPont de Nemours and Company, Inc. and at DuPont safety is number one (See figure 1). Why? DuPont started out by making gunpowder on the banks of the Brandywine River. Gunpowder is very powerful, by design, and it is very unpredictable. DuPont had routine accidents, primarily explosions during manufacturing and shipping their gunpowder. After many years of operating the company and losing a lot of money and workers, Irene DuPont, the founder and owner of the company finally said one day "I am tired of caring for widows, we will have no more accidents." And that is when the DuPont Company Safety Program started. Since then, it has developed into something very sophisticated. During my tenure at DuPont, Congress passed the Occupational Safety and Health Act (OSHA). I had written Safety Manuals for some of the DuPont sites where I worked. I had occasion to look at some of the instructions and regulations in the OSHA manuals and they looked like they had been taken verbatim from the DuPont manuals because DuPont was way ahead of the rest of the world at the time. It was a world-class safety program that boils down to four precepts:

- Number one - **All accidents can be prevented.** (No exceptions, no ifs, ands or buts).
- Number two - **It is management's responsibility to provide a safe workspace environment.** (The workspace or process or the product can be designed to minimize hazards and any hazards that do exist, we can be guarded so the employees are able to function safely).
- Number three – **Each employee is responsible to work safely.** (If a supervisor gives an instruction that the employee determines could possibly lead to an injury, he/she can refuse to do it. If an employee does not work safely or if he/she is involved in too many accidents or serious incidents, he/she will probably not work for the company very long. So, actually, safety is a condition of employment).
- Number four - **Off-the-job safety is as important as on-the-job safety,** (which means that an employee is responsible to work and live at home safely. If he/she is injured and not able to come to work, the company cannot produce the products and be successful).
- As a synopsis. To work successfully in this environment, the employee needs to develop a safety mindset. This mindset means that when we are working or doing anything pertaining to our job or at home, to do it in such a way as to not get injured. We must be very conscious of what we are doing. It is a mindset.

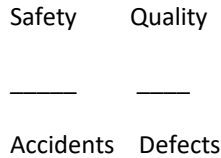


Figure 2

When I graduated from college (PMC/Widener), I went to work for Eastman Kodak in Rochester, New York for three years. There, Quality was Number One, which has its defects (See Figure 2). Everything that we did at Kodak pertained to the Quality of the product. At the time, it was the home of the American Society for Quality Control (ASQC). We had to make sure and show management that everything that we were doing on the job was related to the Quality of the product. And really, it is the same type of program at DuPont only Quality instead of Safety. Although the program was laid out differently, it essentially taught that all defects can be prevented. So, it was the way we designed the product, the process and the environment with enough forethought, that the product could be made defect-free. So, this is a mindset, a Quality mindset.

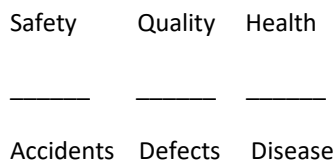


Figure 3

So, I started thinking, what about health, with its disease? (See Figure 3). Actually, when we think about it, all diseases can be prevented, so we can put Disease into the written plant safety program to replace Accidents, which I did. All diseases can be prevented. All worksites and homes can be designed in such a way that we can be Healthy do not get disease at work, at home, or anywhere. We are responsible to live healthfully. And off the job, on the job wherever we are, we have to have the mindset of health to be Healthy. When we think about our Health all the time, in everything that we do relates to our Health. That is the Health mindset. So, Health is a condition of life.

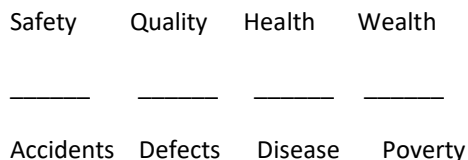


Figure 4

There are others that have parallels like, wealth. Wealth has its Poverty (See Figure 4). We can read a lot of books on wealth and find that actually, Wealth is also a mindset. Poverty is not necessary when we have a Wealth mindset. If we take the people that are in poverty, we give them the Wealth mindset, they will not be in poverty anymore, because they know a little bit more about life's projections and how it functions. We are going to discuss this later, also.

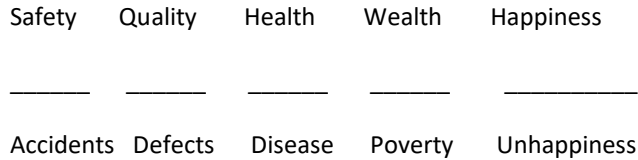


Figure 5

Another one too, is called Happiness (See Figure 5). And of course, for happiness, we can choose to be happy, or we can choose to be unhappy, it's up to each of us.

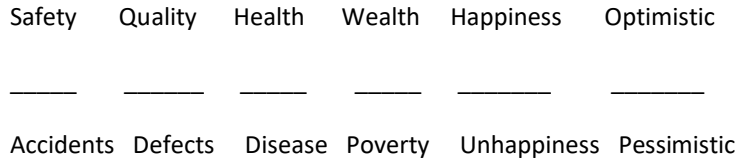


Figure 6

Still, another one is called Optimistic with its converse – Pessimistic. We can choose to look at life as the glass half full, or the glass half empty. It's a mindset. Get the Optimistic/Happiness mindset and enjoy life a little bit more. Does Unhappiness/Pessimistic mindset lead to a shorter life? I think maybe It does. We get what is in our mind.

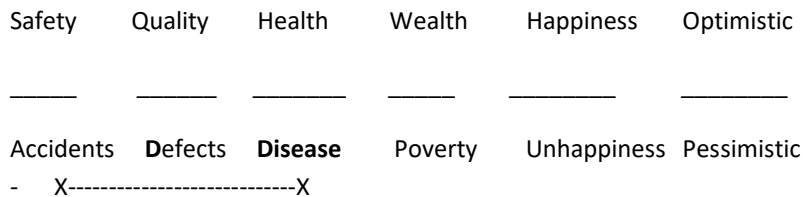


Figure 7

Let us go back to our comparisons (See Figure 7). What is the difference between an accident and a disease? Let our mind wander as to what the parallels are. Actually, they are identical except for one difference. That difference is TIME. Accidents happen in seconds, disease happens in years, decades and eons. But they have the same cause - lack of awareness and action. Every accident has its cause, and when analyzed, we can determine its cause and see that it is not necessary. The National Highway Traffic Safety Administration (NHTSA) has analyzed so many accidents and determined that each traffic incident (accident) has an attributable cause that is not necessary. So now when two vehicles meet on the highways, the NHTSA calls the incident a "crash" and not accident because all accidents can be avoided. The same thing with disease. Once we determine the cause, it becomes avoidable. Mother Nature will not blindside us. We will have plenty of time. Because Mother Nature will give us indications through symptoms, ailments and mostly pain. If we do not respond to the small symptoms, ailments and minor pains, she is going to hit us with a bigger hammer. And the hammer will continue to get bigger until she finally gets our attention. But if she never gets our attention to do the right thing, we end up staring death in the face. If we are still not any smarter at that point, we die. So, pay attention to our symptoms and pain and what Mother Nature is trying to tell or guide us.

When I was growing up, I kind of thought that all the sciences and subjects were separate, like math was different than physics, was different than chemistry was different than physiology, psychology, cosmology and that all the sciences were different from each other. But they are not. They all come together in a seething mass of life and living. If we know something about a single subject, it helps us to learn about other subjects and vice versa. If we know a little bit about a lot of subjects, we can learn a single subject quite a bit better. Learning is logarithmic, the more we know, the faster we learn. So, the learning curve becomes very steep. Prior to 1900, our knowledge doubled about every 400 years. By 1950, knowledge was doubling about every 50 years. When I was in college in the 60's, knowledge was doubling every 20 years. By 2000, it was doubling every 8 years and by 2017, it was doubling every 13 months. Presently, mankind is on a steep part of the curve doubling approximately every 12 hours. So, now, we are at warp speed under 12 hours. With the help of computers, the Internet of Things (IoT) and artificial intelligence (AI), the curve continues to accelerate and get steeper and soon will go beyond our comprehension. "The Doubling Rate of Knowledge in The Early 21st Century," Shreeyasha Pandey, The University of Louisiana at Monroe – page 10A attached. The learning curve eventually reaches a point of Singularity, where all systems go beyond comprehension.

The Doubling Curve as a Function of Year

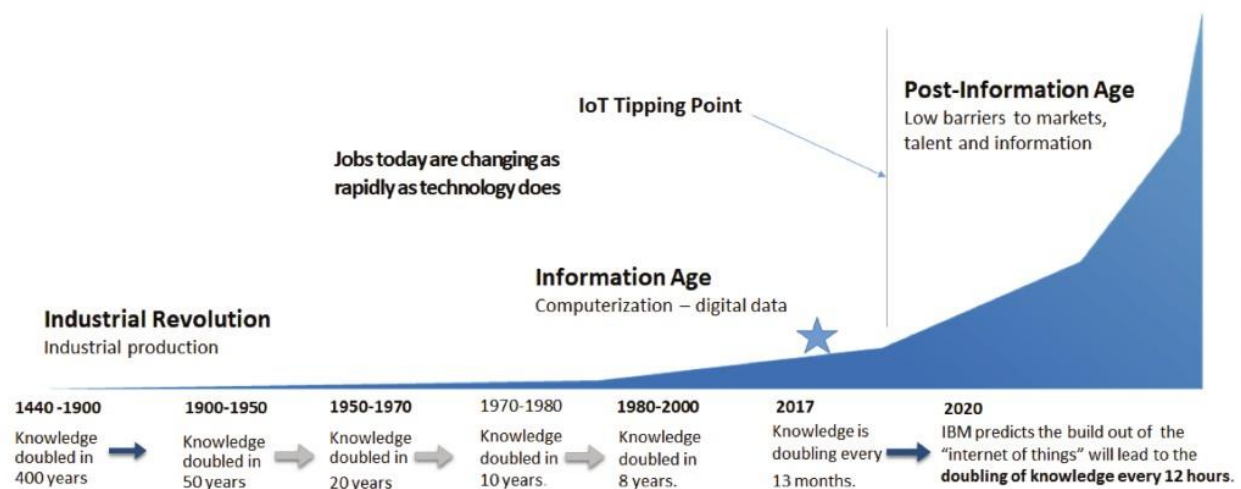


Figure 1. The doubling curve growing linearly from 1400 to 1980 and exponentially after 1980 is shown.

In dramatic contrast to our knowledge gain, our body is still in the pre-history mode and wants to be fed the pre-history diet of natural, unaltered, unprocessed, uncooked foods eaten just like they are found in nature with their cross pollination of natural selection. The evolution of our body from the cave man physiology to today's sedentary lifestyle and looks have taken generations and eons to make the changes and still cannot handle the modern-day environment and demands. Consequently, the medical industry tries to fill the gap by providing stop-gap treatments of the ailments we experience when our body is out of synch with our present-day environment and lives.

All this massive amount of information we are talking about here, all the different research sciences, books, publications, studies, life and living in general with this massive amount of information, we really have to try to focus on it to boil it down to something we call TRUTH. What is truth? What is knowledge? There is a lot of knowledge, there is a lot of data, we are swimming in data, but are we any smarter? And in searching

for truth, we may never know all the answers. In fact, very few people get to know what the answers are. In fact, I do not know anybody that has all the answers. Each of us is different and we each have to find our own answers. It's all Relative (and subjective)

So, when in our search for truth, we have to keep in mind that it is not an easy subject. If you consider the number of nutrients with combinations and permutations of interactions like vitamin D and calcium, or the way the B vitamins help extract energy or what this mineral does or what that does in your body it can be very daunting and confusing. But if you take a step back and take a look at the basics it becomes much more simplified. Some things we can prove, and some things we can't. Some things we just have to take with a little bit of faith. Faith that we are going in the right direction. Because we feel better, we know we are going in the right direction, we're making the right decisions and our health is improving, So, all It takes a little Time and patience to figure things out.

Today, we are constantly being bombarded by massive amounts of information generated by many different organizations and individuals; radio, TV, magazines, newspaper, road signs, internet pop-ups, Facebook, X, Instagram and other forms of social media, to buy this, try that, this is the best, clinical trials show this, surveys show that, we are offered free health tips, free samples, free books, free information on what kind of ailments and symptoms to look for, and many more ploys. We do not have enough time in our life to follow up and confirm the claims for every one of those little bits of information which comes our way.

We have to learn how to evaluate them very quickly, rather than just blindly accept what it is that we are seeing and hearing. I think we should understand what constitutes research, what constitutes studies and what constitutes a survey. We have to know that we can design a study, research or survey to get the results that we want.

I want to express a note of caution here about the information that comes our way, as we pointed out earlier. When we read or hear a piece of information touting the benefits or advantages of a particular product, food, supplement, procedure, treatment, action or any other item, there are three things we have to know about a "fact" that is being presented, because it may not be a fact, but some false, fake, misinformation or opinion that is being presented to us.

First, we need to find out who conducted the research, study or survey on whatever is being promoted. Do you think the manufacturer of a product is going to present unbiased test results for his product? No, he's not.

Second is to find out who funded the research, study or survey. Do you think that the contracted service provider that conducted the research, study or survey is going to provide anything but what the buyer is looking for? No, he is not!

Third, we need to find out who stands to gain if we accept that piece of information being pushed to us. This is usually very difficult because the seller really doesn't want us to know because that will tell us the source of the information which is usually biased and not necessarily in OUR best interest.

Those things will tell us whether or not there's truth there. Because many times the people that fund the activity are the people who stand to gain so they want to stand behind the scenes. They do not want us to know where that information comes from. And, a lot of times, they will go and say, oh, a group at a university or a clinic did this study or survey. So, we think, oh, they are unbiased? No, they probably funded

that study or survey, but at a university or clinic, they get to use the University's or clinic's name saying, oh, this is the gospel! Well, I don't think so.

Remember, you can design research programs, studies or surveys to get the results you want but if you don't get the results you want, you don't publish it and by running multiple studies and surveys, you only publish the studies or research that shows what you want to show. Free information is almost universally biased. So, the truth is usually very difficult to determine, if you can do it all.

So be very careful what it is that we look at and what we accept and believe. We need to look at everything with a bit of jaundice and say, "prove it to me." Some people that generate the numbers say the numbers do not lie. But numbers can be manipulated to show anything that we want. Statistics will support anything, primarily statisticians.

So, what I would like to do is help you to develop a kind of framework of understanding so that you can quickly take a piece of information, digest it and put it in perspective to see if it fits your framework. It's not the final answer but I think it's a place to start. It's a way to get the mindset so that each of us can develop his or her own individual Health program. Once you get the mindset, the right decisions will happen easier.

Okay, so with that in mind, about this information that I am going to present, I guess we can ask, what are my credentials? Well, really, I 'm not Approved, Certified, Degreed or an Authorized Expert by any organizations or individuals in health and nutrition industry, which is a good thing because most of them are or supported by profit-based organizations which makes them very biased. I seek the TRUTH and try my best not to be biased. I have studied Holistic health for over 50 years. I am only a human being such as yourself trying figure out this thing called life. My observations over that period of time have been to try to learn and make connections and generalizations about choices, actions and systems, leading to a better understanding of Mother Nature's rules and our interactions with them. And once we find the truth, we will know it, it will be sweet and make sense. It will be good. However, in 2024, I became aware of the Institute for Integrative Nutrition (IIN) using coaching as the method of teaching, which I have adopted. I attended their six-month course and practiced coaching integrated nutrition, which has improved my method of helping people to improve their lifestyle. I am recently certified through their system.

What would our country look like if everybody was healthy? It would improve a lot of things, primarily a lot of lives. It would look much better on our statistics cited earlier. In fact, we may not have been involved in a pandemic a few years ago, if everybody was healthy, our bodies would have been able to fight COVID and other diseases more easily.

When I present this information that we are talking about, I want us to take it positively. We will not be healthy, by not drinking sodas, by not laying on the couch, by not eating junk food, by not doing this, by not, not, not, not, not, that does not lead to health. What leads to health is that we find out what it is, that keeps us healthy, what our body needs. And that is the positive proactive side. So, there is a statement that we need to repeat to ourselves frequently is: "I will do what it takes to be healthy. **I will do what it takes to be healthy, I will do what it takes to be healthy.**" That is the statement that makes all the difference in the world. That is when we will get the mindset that is going to give us the driving force to stay healthy. And that will work like magic.

This presentation is me. It is who I am. It has taken me 50 years to gain so many significant insights into our Health that I can now provide many suggestions on thinking and lifestyle changes that would help reduce stress in your life with minimum investment and much larger reductions in your spending.

So, let's get started.

Go to my website www.hb-inc.online and/or send me an email at homer@hb-inc.online. I look forward to your contact.

ADDENDUM

I would like to suggest and include physical exercises that I have used almost daily for many years, as a method of increasing my heart rate and maintaining my physical health during times of limited time and resources.

The **First** exercise (Boyer exercise 1) is performed in bed after awakening and prior to arising:

- lay on you back with your legs straight together and your heels and big toe joints touching
- rotate your right foot clockwise and your left foot counterclockwise with heels touching
- simultaneously rotate your left foot clockwise and your right foot counterclockwise vigorously, slamming your big toe joints together
- continue this 100 times successively and as fast and vigorously as you can
- when completed, you will feel a surge of blood in the souls of your feet and experience a tingling sensation, especially if you have neuropathy in the souls of your feet
- repeat the 100 rotations several times for maximum effect of increasing your heart rate and circulation to your feet

The **Second** exercise (Boyer exercise 2) is performed anywhere and any time you feel the need:

- close your eyes
- tell all the muscles in your body to contract and at the same time tell them NOT to contract (simultaneously move/not move, move/not move, move/not move).
- gradually increase the intensity of your instructions to the maximum you can do
- you will feel a tingling and energy surge that oscillates between your head and your feet
- because you are exerting a lot of energy, your body will force you to take a big breath of fresh air
- enjoy the sensation of invigorating exercise

The **Third** exercise (Boyer exercise 3) is preferably performed while sitting or standing:

- close both hands into fists
- tighten your stomach muscles
- strike your stomach with the thumb portion of each hand vigorously, alternating left and right like beating a drum
- repeat 100 times or any amount you feel necessary

- enjoy the sensation of an invigorating exercise

The **Fourth** exercised is the standard pushup, done correctly, which can be used as a gauge of your overall fitness level for your age.

Homer Boyer

5/29/2025