

# Building a Life Part V

Having the Best of Both Worlds



The greatest legacy of the “miracles of modern medicine” is that they allow unhealthy people to live longer and longer, all the way, often, to “living” in a vegetative state. These “advances” will be a blessing OR a curse for every person:

- A curse if we fall for the foolish belief that modern medicine can make or keep us healthy.
- A blessing only if we properly use modern medicine to relieve and eliminate debilitating and potentially terminal illnesses to give us the OPPORTUNITY to live longer, healthier, lives; but this blessing is brought into being ONLY if we exercise – there is no other way to be healthy!

There is the myth that life means health while death equates to unhealthiness. Yet, every year, as medicine makes “progress,” the real effect is that, on the whole, we only become older and unhealthier. Instead of people dying younger (and healthier), medicine has added years to the average life so we can now die older, be unhealthier for years and years, in greater pain, unable to take of ourselves, largely because we have rested in the blessing without bridging it to our benefit. We only



get to the side of health by crossing the bridge of exercise! That is why the average person in a Third-World country dies healthier than the average dying American – they die younger while they are healthier.



Illnesses can kill, but seldom do illnesses make us unhealthy – time itself, aging without any attempt to slow or reverse it, is (9 times out of ten) the cause of being unhealthy. Dying is a foolish fear, because it is inevitable – dying of “old age” is a legitimate fear we can do something about.

The best of both worlds is that we be healthy while taking advantage of the strides made by modern medicine – working together, they can provide a longer, more productive, healthier life. Modern medicine can eliminate or lessen the impact of the 1/3 of illnesses that are not healed by the internal natural healings of a healthy body. What is much better than being cured is not needing to be cured – having a healthy body that will fight off two-thirds of the illnesses unhealthy people will have.



versus



A question we need to ask ourselves is what level of health do we want to die with? And then develop a discipline to achieve this objective. A discipline is a decision that eliminates the need for making many, many individual decisions. Decisions are hard for most people and making good decisions is even harder. Besides being easier than making many individual decisions, disciplines are better than decisions because they can be adjusted, modified, and improved over time while decisions are one-time events.

People fail to develop good disciplines because:

- A solid decision is not made – rather they base their actions on their current feelings – not only do they make a decision, EACH TIME they want to do something, even worse, they have to have their feelings approve their actions! Is there any wonder . . .? Oh, there is no question you may have to fight your feelings, but they are beaten much easier through developing and growing disciplines than they are when a firm one-time decision has not been made.
- Too often people confuse the what with the how – disciplines are “what” oriented, not focused on how. The “hows” WILL BE refined as the discipline is followed. Who, without doing something, will get better and better? This is the paradox of exercise – it gets easier as time goes by (even though you are doing more) because you are learning what “works” for you.

Exercise is a “no-brainer” because it is one of the “heads you win, tails you win” propositions – there are no trade-offs. Someone who exercises will add more time to their life than they will spend exercising and while they are living they will feel much better, be more mobile, have fewer illnesses, have to concern themselves less with health issues . . . because they are much healthier!

The current focus on eliminating tobacco and fat, eating better, etc. are (like modern medicine) only a foundation for becoming healthy – they are not the elements of good health as good and important as they are as a base for being healthy through exercise.

Life, in the area of health, is becoming fairer and fairer as time passes. In the past, diseases were the major cause of death; more and more it is becoming health. As diseases are eliminated, the gap between the “haves and have nots” is those who cooperate with the natural internal mechanisms of healing, by working to stay “in shape,” and those just wear down with age. Fairer because, like the other most important aspects of life, money cannot buy it – we will only find the blessing of health as we, through discipline, work for it. Exercise pays a great dividend, but only for those who make the investment of time!

The last word. Still can't do it after trying, trying and trying? At some point when (or before) trying ANYTHING (whether we think it easy or hard – and especially after we have tried and failed) seek

## GRACE

It doesn't matter how easy something **should** be – if you can't do it seek

## GRACE

1 minute a day, times your age, 6 days a week  
(I don't care what the Bowflex commercial say otherwise)