




Fighting the Expected, Foreseeable and Anticipated

What They Say is Inevitable Always Isn't!

An important measure of the quality of anyone's life (after they have some years on them) will be how often and to what extent they fight the "inevitable" that will occur with passivity, lack of effort, thought . . . Few good things just "happen" to people; good (and "best" even more) must be identified and fought for! Maturity (versus simply getting older) is a constant evaluation of the costs/benefits of various actions versus inactions – and trying to find the best way to skin the cats  that keep attacking us as we age. A very important example . . .

It is common knowledge that metabolism, for passive and inactive people, decreases as we age (1% a year after age 25), becoming significantly apparent after age 50. The most common approach to try to mitigate the effects of this phenomenon is dieting. Diets, however, are foolish because they are a mirage and short-term apparent fix to the problem; long-term, however, dieting does just the opposite, further diminishing and damaging the metabolic system!

Definition of Metabolic System:

Governs the chemical and physical changes that take place within the body that enable its continued growth and function. Metabolism involves the breakdown of complex organic constituents of the body in order to liberate energy for all the bodily processes and the building up of complex substances, which form the material of the tissues and organs. EverythingBio.com

Metabolic Disorder:

Any disorder that involves an alteration in the normal metabolism of carbohydrates, lipids, proteins, water, and nucleic acids; evidenced by various syndromes and diseases. Answers.com

Not only does dieting not solve the diminishing metabolic reality, it exacerbates it. The real impact of a diminishing metabolic system is that the body's "delivery vehicles" system, transporting liquids and nutrients to and waste and toxins from, does not work as well – the delivery vehicles simply can no longer move as easily to the far reaches of the body. To get the necessary nutrients to maintain health, the body craves more food and liquids in an attempt to move the same amount to where they are needed in the body – in the process some of the excess is turned to fat thus increasing weight. A diet can, short-term, minimize or reduce weight gain, but at the great negative cost of depriving the body of needed nutrients and liquids. As one nutritionist said (about the most common diet food): "Iceberg lettuce has no health benefits – the only thing it will do for you is give you gas!" While a good portion of the medicines prescribed in America today are oriented to minimizing the effects of a deteriorating metabolic system, there is no pill to "correct," restore and maintain a healthy metabolic system.

Some people have genetic cholesterol, high blood pressure, diabetic . . . issues requiring medical care throughout life; most people, however, find these issues become "full blown" and damaging only as they age and the metabolic system can no longer keep these conditions under control – help is necessary to do what youth previously did. A pill here and a pill there can often mask the underlying symptoms, but (like dieting and weight) more often than not they do so at the cost of greater damage later.

Just as a lack of immediate symptoms does not mean a person does not have an underlying condition requiring attention, a lack of diseases does not mean a person is healthy. On an overall basis, a deteriorating metabolic system, more than anything else, negatively impacts health – in the

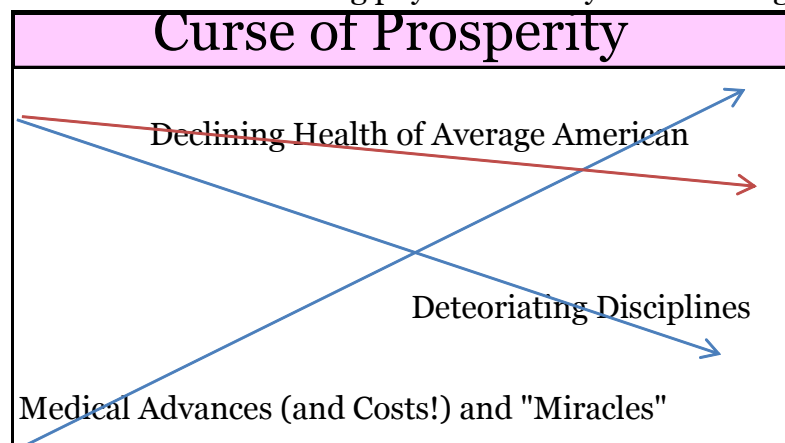
same way, improving and maintaining a good and effective metabolic system will, more than anything else, improve health.

Not to be cynical, but there is a key reason we do not hear a lot about the vital importance of the metabolic system – no one has a vested (commercial - think \$^s) interest in it, they can't make money from it. As stated earlier, the medical establishment doesn't have a pill to improve metabolism. In fact, if doctors could get people to exercise (the ONLY way to keep the metabolic system young) they would significantly reduce their value and services (and money from) most of their patients – about two-thirds of medical costs are elective and would be eliminated by adequate exercise followed by better nutrition. Exercise equipment manufacturers do not emphasize the metabolic benefits of exercise because they understand the vast majority of people have one interest in exercise, how it will improve their looks, the superficial!

Yes, what we eat is important, but it is the cart following the horse, not the horse, not the real source of positive bodily changes. In conjunction with exercise we should begin to eat better – foods higher in nutrients to make the metabolic system's job easier and more effective.

The general notion about exercise is that it builds muscles for aesthetic reasons – and many older people (wisely) are not overly and obsessively concerned with "simple" looks. The truth, however, is that the far greater benefit of exercise is internal, what we can't see. Stronger muscles are important as support for the skeletal system – if more older people exercised they would not need the massive amounts of joint related medicines (and surgeries) caused by extra pressure on joints resulting from declining muscle mass – after age 50 without exercise, it is said, muscle mass declines 5 pounds per decade. Combine that with the normal 10 pounds or so of extra fat resulting from inactivity and you have a 10 to 15 pound increase in pressure on joints being supported by 5 pounds less muscle – no wonder arthritis and similar diseases are dramatically increasing. The heart, lungs and other organs are likewise maintained only by exercise. We have the option of letting them decline and hoping a medicine can mitigate some of the effects, all the while our underlying health is declining.

In many ways we see the "miracles of modern medicine" having no over-all measurable impact on the quality or even longevity of life – the negative effects resulting from the decline in activity are probably greater than the overall impact of medical progress so that those who depend on medicine (versus being responsible and exercising) will have an increasingly rapid decline in quality of life! The following graph highlights the reasoning (and may reduce the confusion about) why great medical advances are not resulting in parallel improvements in our lives; why, in the face of these improvements, overall health in America is declining. No, it isn't the increasing average weight – increasing weight is a sign, but not the trigger of the real, underlying, cause and until this "root" cause is attacked we will just keep "spraying" for the problem rather than drying up its source! The foundation of the problem is the deteriorating physical activity of the average American.



Children are much less active year to year – thus metabolic systems are declining much earlier than in the past – and many are never active enough to build a strong metabolic system! And combined with over-eating, over drinking (consider the ubiquitous Big Gulp soft drinks) and lack of activity (think labor saving devices – riding mowers . . .), adults are deteriorating much quicker. Yes, medical advances (pills and procedures) are mitigating some medical issues (especially organ deterioration), resulting in longer life spans. BUT this is simply the “ventilator phenomenon” – medicine can often prolong life, but at the cost of a declining quality of life. Yes, doctors and pills can often keep a person in a chair or bed watching TV, but only activity (exercise) will effect and improve the underlying systems, the foundation of good health!



Hand-in hand, and almost directly paralleling the metabolic system – either up or down, is the body’s immune system; metabolism is the foundation for the immune system. Again, if the body cannot “move” liquids and nutrients to the places of need, fat, mucus, followed by germs and diseases, will fill the resulting vacuum. The immune system is built in early years, by the many diseases children catch, fight off and develop a measure of resistance against. When the metabolic system begins to decline, with aging, the immune system declines in virtually a parallel manner, slowly declining year by year.

The heart, lungs and other organs are wonders that must be fed by the metabolic system and protected by the immune system. Great medical strides have been made in repairing (and in some cases replacing) damaged or destroyed organs. The underlying and foundational metabolic and immune systems, however, are far more complex than single organs (and more “subtle” than organs), thus neither the attention nor the advances have been made with these two foundational, key, systems supporting all body activity and functioning.

Now that money and “things” are largely a non-issue in 21st America (far more problems result from our abundance than any shortages – we are being buried by the boat loads of junk coming from China!), the Haves and Have-Nots of the 21st Century will not be defined by money or material possessions, but by their level of health.

And this is good news, life just got a lot fairer! Approximately one-third of today’s health costs (in America) are unavoidable while two-thirds are discretionary. Those looking to the government to right all wrongs, all unfairness, will be sorely disappointed that the government cannot, even by spending further vast sums of money, provide them good health compared to those who exercise. We will likely continue spending billions on band-aids caused by a lack of responsibility and discipline while short-changing the one-third in real need – those with conditions exercise will not improve. Yes, the Haves are going to be those who exercise and the Have-Nots those who do not exercise and the fewer who have conditions that cannot be fully resolved by exercise.

Bowflex and Vitamin Myths

20 minutes a day, 3 times a week and in 6 weeks you will have the body you have always wanted [see the model – you can look like this in 6 weeks].

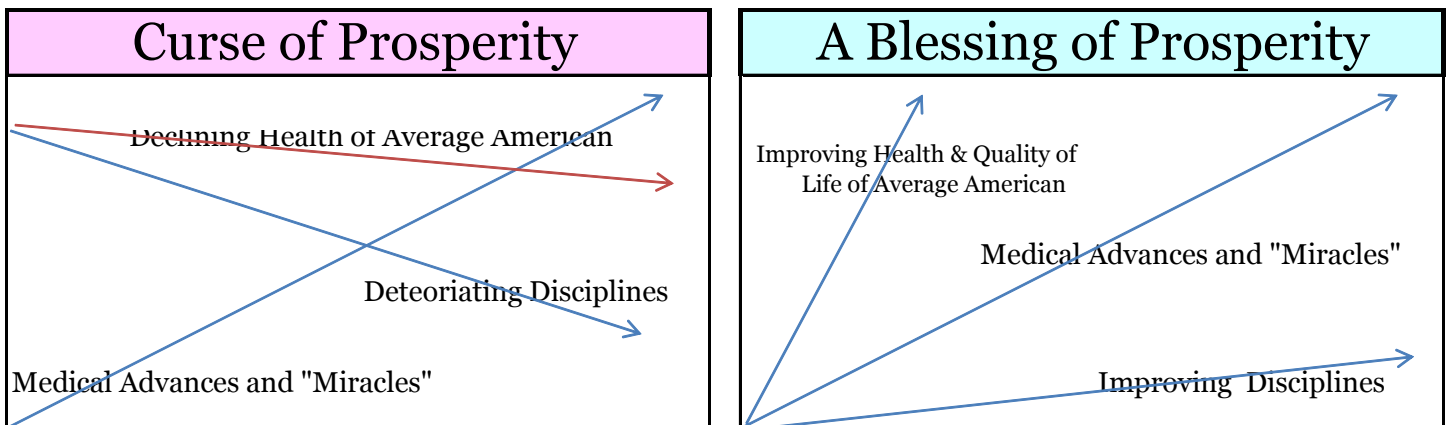
How many have fallen for this foolishness and purchased a Bowflex exercise machine? Even if I thought it was a good machine I wouldn’t buy a Bowflex from such obviously misleading, dishonest, people! Yet you can be sure many people have and will.

Likewise, many health professionals are not enthusiastic about most vitamins – some claim most vitamins simply pass thorough people into the sewer systems of America! This will certainly be the

case with a poor and deteriorating metabolic system for which, again, the body's delivery "vehicles" no longer extend to the outer reaches of the body where they are needed – more and more vitamins will not help if they are not reaching the intended places only a fit metabolic system will deliver them to – no pill has been discovered to mitigate a declining metabolic system, only exercise will do this!

It is excusable when we are surprised by that which is unexpected – but not to fight the expected, foreseeable and anticipated, this is not wise, defensible or even really understandable. If American, as a while, devoted 1/3 the time we currently spend watching TV, we would virtually empty the nation's hospitals – leaving them to those truly in need!

The Possibility in 2,000 words



“But, But, But . . .

I cannot imagine myself going to a gym – I simply don't know what I need to do or how to do it!” This is a legitimate point; the answer to which is that gyms are typically not necessary or beneficial – most people do not have time to drive to/from the gym and to work out. Gyms are for kids that have nothing but time or are there to see and be seen – nobody is interested in seeing a 50+ year olds exercise!

What to do? A great website for beginning ideas – weightlossforall.com. “Root” around here for a while – Google other exercise website – you won't have a problem finding easy, at home, effective exercises for devoting the 1 minute a day, times your age, 6 days a week required to maintain a healthy metabolic system!

There go the excuses!