

MAINTAIN GOOD HEALTH [AND STAY OUT OF A NURSING HOME]

In order to avoid a nursing home you need to achieve and maintain a few goals.

You need to:

1. move about freely
2. maintain mind and memory
3. maintain a reasonable degree of good health.

Of these, your bones and your mind represent the two major factors sending most seniors to a nursing home.

• **Healthy Bones, Joints & Muscles**

Good bones and joints can be achieved and maintained at any age. Healthy bones and joints can be summed up in three words: diet, exercise, and supplements.

Your diet must contain mostly healthy foods, with **a third eaten raw**. This will provide the raw nutrients and enzymes your body needs to build, replace, and maintain strong bones. Protein is very important and the hair analysis will determine if you are eating enough protein.

You must exercise, both to maintain your bones, but also to maintain strength, flexibility, and stability. And exercising means resistance exercise or weight-bearing exercise. Your aerobics can be a brisk walk several times per week. And this type of powerful, deep exercise stimulates the production of youthful enzymes, including **AMP kinase**. AMP kinase is your body's **master fuel switch**.

To know if you need supplements for your bones, [you can be tested with the bone marker test available at Options and/or a hair analysis. These tests determine if supplements are needed, what kinds and quantities].

• **Mind & Memory**

No matter how strong you are, if you lose your mind and memory, you will not be able to avoid a nursing home. Your mind needs blood flow to the brain and the proper nutrients in your diet – especially proper fats.

Americans have been on a **low-fat craze** for many years. The fats that most people eat are chemical compositions, having no resemblance to

the normal dietary fats the body and brain need and crave.

The fats you need are from meats, eggs, and real oils such as olive oil and flax oil. These foods contain the nutrients your brain so dramatically demands. Without these fats your body and brain will take up all the artificial and chemical concoctions in their place. And this can spell disaster.

All the **membranes** in your body and brain have their nutritional basis in **fat and cholesterol**. When you deprive yourself of these foods you are adding insult to injury. First you are depriving your body of the membrane-building materials needed to transmit signals throughout the brain. And second you are replacing these nutrients with chemicals that are producing reactions we don't even understand.

[A hair analysis and/or a blood test from Options will indicate what kinds of fat you need and the amount.]

The **homocysteine level** can be an important indicator. Homocysteine is an enzyme by-product that is converted back to useful form by folic acid and B12.

Without these nutrients, homocysteine builds up in the blood. It is a strong indicator of heart disease, and also a tip-off of potential brain problems and Alzheimer's down the road. So keep your brain and heart healthy by making sure you get adequate B12 in your diet. [Again a hair analysis or blood test from Options can indicate if B vitamins are needed.]

Credit: some of the above information is from Dr Bruce West, Health Alert Newsletter

• **Good Health**

Alternative or Holistic Health is not just the absence of disease or the elimination of isolated symptoms, but a lifestyle and philosophy which fosters total wellness and sees each person as a WHOLE individual with his or her own menu of needs and requirements. The goal of holistic and natural healing techniques is to activate YOUR "doctor within."

Where do you start?

[Systems Survey Form](#) is a way for you to learn how to analyze and prioritize symptoms.