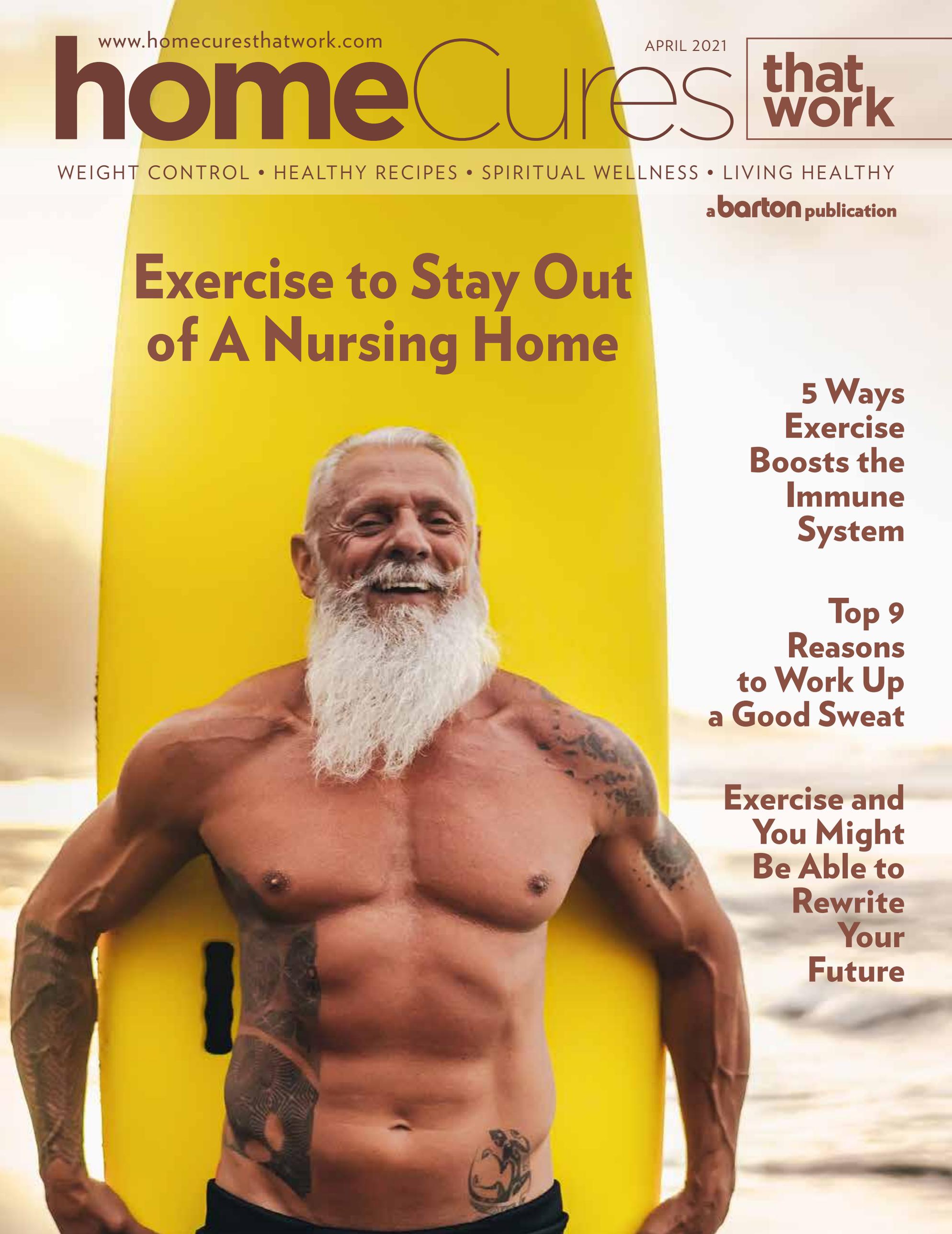


Exercise to Stay Out of A Nursing Home

**5 Ways
Exercise
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System**

**Top 9
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to Work Up
a Good Sweat**

**Exercise and
You Might
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Your
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AUTHORS



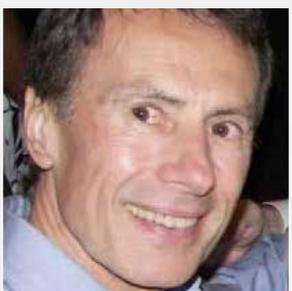
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Home Cures That Work

The older we get the more we need to protect ourselves from the ravages of aging. Adults who do not do enough muscle building lose muscle tissue at the rate of 4% per decade until age 50 then the loss accelerates to 10% per decade. This begins the gradual loss of bone strength along with body composition changes, which reduces metabolism, heart and lung function and overall pulls your health into a downward spiral.

We all need to participate in a proper exercise program to fight the effects of aging so we can maintain a good quality of life and plenty of protection from premature and preventable disease. Exercise is not a 'luxury' or "if I have time left over, I'll do it" scenario. It is a non-negotiable high priority self-care necessity that will make aging a much more enjoyable experience and not something to be feared as an inevitable trip to the nursing home.

Yet, many seniors don't like to exercise and simply can't stick with it for a variety of reasons. Dr. Saunders helps you find a fitness routine that you can enjoy and maintain. Find your own, unique way to move your body; and reap the benefits so you can stay fit for life – and out of a nursing home!

If left to chance, strength and health will disappear along with quality of life. When the human body is allowed to become weak, disease is always waiting in the shadows to pounce. But with each moderate bout of exercise, your body instantaneously mobilizes millions of immune cells. These cells are primed and ready for a fight as they patrol between circulation and tissues. Building a strong immune system is as easy as achieving your exercise goals! So, break out a sweat and move more!

You don't need to make big changes to strengthen your body and immune system. Little steps will quickly add up. A study published in The Lancet from the IPS- NHRI in Zhunan, Taiwan found as little as 15 minutes of physical activity a day can reduce the risk of dying by 14% and increase lifespan by three years. The changes we've assumed were due to aging, and therefore unstoppable, seem actually to be caused by inactivity. And that can be changed. Start moving now and rewrite your future with fitness and health!

For your health,
Cheryl Ravey, Editor
Home Cures That Work



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EXERCISE TO STAY OUT OF A NURSING HOME

Although healthy eating will help you avoid a nursing home, exercise can make a huge difference in the quality of your life as you become older. Dr. Saunders has the secret to rejuvenating your body so you can regain vitality and improve your quality of life and stay away from the “old folks home!”



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TOP 9 REASONS TO WORK UP A GOOD SWEAT!

Sweat-inducing exercising can help reduce the risk of falls, one of the leading cause of emergency room visits for older adults. Get your sweat on and improve your balance and ability to protect your health.

5 WAYS EXERCISE BOOSTS THE IMMUNE SYSTEM

One study published in Nature shows that new bone marrow can help produce immune cells. By moving and strengthening your bones with exercise, you can increase your immune function. Young or old, regular physical activity should remain an important strategy for staying healthy!



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EXERCISE AND YOU MIGHT BE ABLE TO REWRITE YOUR FUTURE

Why is exercise important? Because it burns calories? No, because it activates genes and the body has dozens of pathways that speed up when these genes are active. The “stress” of exercise helps restore your body to optimal functioning and improve metabolic systems. This, in turn, creates a new future for you that you can determine with every move and activity!

Exercise to Stay Out of A Nursing Home!

by Dr. Scott Saunders, M.D.



EXERCISE IS IMPORTANT!

E

I don't think I can stress the importance of exercise too much!

- Everyone must get exercise to be healthy.
- Exercise improves mental health.
- Exercise improves physical health.
- Exercise prevents disability.
- Exercise brings people together.
- Exercise is the answer to all problems.
- Exercise will bring world peace.

OK, I suppose I can overstate the importance of exercise, but you know it is very important.

History of Exercise

Any long-lived nation had exercise as part of their culture.

- The ancient Egyptians practiced calisthenics.
- The Chinese had yoga.
- Indigenous Americans used their own body weight to exercise.
- The Grecians started using free weights to increase strength for battle, as well as for athletics contests. They wanted to get big muscles, look ripped and have six-pack abs before six-packs were invented!
- The Romans continued the practice of free weights which has been the mainstay of exercise equipment until the 1950s.

Before the industrial revolution, most people worked with their muscles all day. The work of the world required muscles. Men and women used muscles all day so the common man who did manual labor had no need of exercise. For them, just living required exercise. People didn't have to run on a treadmill to get exercise. Burpies would be funny. Why would anyone do

that on purpose? However, modern life, motors, and cheap energy have changed the way people function. We don't need to use muscle power. We go to the gym and take the escalator up to the spinning room on the second floor to use the stair-stepper machine. Our bikes, scooters and skateboards have motors on them. Hoverboards can also get us around town with little or no effort. We have remote controls on everything, so we don't even have to get up -- my phone can control all the lights in my house!

So, how do we get exercise? I asked multiple people about their exercise routines. The following are a few of them:

HOW CHRISTIAN EXERCISES

I started exercising for money. As a videographer, I got a gig filming running sequences, so I got paid to run. I never enjoyed running before, but by the end of the job, I found I enjoyed it. At first, I had to force myself through the wall. But just two weeks of running every day completely changed my life. By that time, I had begun enjoying running. I had to do it 30-minute every day to continue to stay in shape.

I have suffered with anxiety almost every day for years. Once I started running regularly I found it helped like crazy. I feel so much better. Now, just thirty minutes of a slow jog and stretches helps with anxiety and depression. It helps me feel like I'm doing enough with my life when I'm exercising, I feel accomplished. Also, I have been doing a hundred push-ups, and 20 pull-ups, it doesn't help as much with my anxiety. But it makes my body ripped!

HOW KEHLI EXERCISES

It all started with yoga. I knew I had to work out, so I found a yoga class online. Over time I found asanas that I liked. The enjoyment kept me motivated, and I was able to do it at home, even in inclement weather. I have taken breaks at times, especially when I travel. But when I get home, I get back into my routine easily because I feel better when I exercise.

HOW SARAH EXERCISES

I never exercised before. After the delivery of my babies, I had post-partum depression. The baby didn't sleep through the night so I couldn't sleep either. I needed the energy in order to survive. I used to exercise as a form of mental health. But I get depressed. I feel so much better mentally and emotionally when I exercise, and that motivates me to continue. I think it's super important to find what works for you. I found a YOU

TUBE series of 10-minute workout videos that I can do every day. I love the one I found. I can't stand the ones that talk the whole time during the workout! The one I use have no talking, just demonstrations of exercises that I can do. My little children look forward to our workout sessions and do it right alongside me. It's been a lifesaver!

HOW SHANNIE EXERCISES

I don't like working out, and I don't like the feeling of working out. I found I need a reason to exercise. I took ballet classes to get a good workout. The fact that I was improving in my strength and abilities gave me the motivation to continue. Now, I no longer have ballet classes, but I have taken up surfing. I find it to be a great workout, and I am improving every time, besides finding it a very enjoyable activity. Catch a wave and I'm standing on top of the world! (With apologies to the Beach Boys!)

HOW KARYN EXERCISES

I was 43 when my husband was pushing his wheelchair around the high school track, getting ready for a bone marrow transplant. As I went around the track with him, first we could only do one lap, then two, then three, then four. I was so inspired that I ran a whole mile! However, after my husband died, I found it so boring to go around the track, so I started running in the streets. Running was so important to keep me sane with all the stress of becoming a widow with six children at home. I think I would have gone to the insane asylum if I didn't run every day. After a while, instead of running along the street, I took a short drive to the canyon with my dog because I enjoy the fresh air in the wilderness. We hike only a couple miles, even in the snow. The mountains are so beautiful. This keeps me sane.

HOW BRET EXERCISES

I started working out at the request of my wife. She thought it helped me with stress-relief and I would be easier to live with. After continuously doing it, I began to notice that I had more energy! I was able to keep up with the kids, and had more clarity of thought, feeling mentally awake. After feeling the benefits, there was a point where I transitioned to doing it for me instead of for her. When I took time off from exercising I didn't think clearly and didn't have as much energy. I know now that if I want to have a good day, I need to exercise regularly. Now I'm doing kick-boxing, mountain biking, and running. Rather than feeling sluggish in the morning, exercising gets me into third gear to have a better day. I go to work with vigor and energy. I feel so invigorated while running! Also, it feels so cool to have wrapped hands and boxing gloves. I also challenge myself to

do my age in push-ups every day. In my 30s it's easy – but it's going to be hard when I get to 50! I think it helps men to go out and burn calories and hit some pavement, with all the relationship, work, and other stresses of life. I exercise every day.

HOW WESTON EXERCISES

I feel crappy if I don't exercise. I feel like garbage. I feel like I should exercise every day, but I only work out two or three times per week. When I do, I feel like I have accomplished something and my day is more worthwhile. I know how to work out from sports and school. I just do a lot of running, and then bench press. It's easy to get out and run because it doesn't require any equipment.

HOW HEIDI EXERCISES

I exercise intuitively. Some people eat intuitively, deciding what foods to eat by what they feel their body needs. Likewise, certain times of the year I move a lot and do squats, push-ups and calisthenics every day. Otherwise, my usual activities are good exercise. For example, I hold babies. Also, I am working now part-time at a warehouse where I lift heavy things all the time. Other times of the year I feel like I don't need as much exercise, so I just do my daily activities, work, and kids.

My Story – How I Exercise

I prefer organic exercise. I cannot stand the thought of wasting calories on a treadmill. If I'm going to make an effort, I want to have accomplished something. I want something to show for all my effort, not just burn energy for the sake of burning energy.

As a child, exercise came easy. I didn't want to sit around, ever! I went out as much as possible. My three brothers and I would run all day! When we were in the house we were usually fighting, which is great exercise!

From grade school through high school in southern California, I rode a skateboard everywhere. I also rode bikes and walked a lot. I built things and remained very active. This made it hard to do homework, because I didn't like to sit for any length of time.

Even in college, I kept active. I ran long distance. I played racquetball. I took dance classes. I walked a mile to school. Since I was in Utah, I learned to ski during the winter. When I was

home for the summer, I was a carpenter, mostly building 3-story condominiums. Hauling wood, climbing walls, lifting beams, and swinging a hammer all day was an excellent work-out.

After medical school, I always had a project. I was remodeling my house, or building one. I also built sheds and chicken houses, planted gardens, and did landscaping. There was always some physical activity that kept me active as a young adult.

However, as I age, I have been using my brain more than my body. I don't have as many projects, or, rather, the projects pile up as I work longer hours in front of a computer, sitting on my bottom. I even get home and sit more on the computer. I get up in the morning and turn on my computer and start working. There is no end to the computer work. Since COVID-19 has made me do a lot more telemedicine, I can be anywhere and be at work. If a test result comes in at 9:00 PM, I look at it and need to take care of it. I have seven "IN-BOXES" to go through every day, and I don't get through them all each day. So, how do I find time to work-out, or exercise?

I also get involved in so many other things that exercise takes a back-seat. I have a lot of children, and grandchildren. I have three or four jobs that take time. I take care of people, and people require time. I have so many reasons why I can't just go out and run.

I have tried many different ways of exercising. I went to a CROSSFIT class for over a year. It was helpful to have a date and time, as an appointment to keep for exercise. But I dreaded the class because it was a tough work-out. Then, I tried a home calisthenics program online, which was good. But I didn't stick to it for the same reason that I don't like to just burn energy for no reason. So, I try doing organic exercise. I travel a lot, walking as much as I can through airports. I take the stairs instead of the escalator. I have a garden that gives me a low level of physical activity. I park in the back of the lot at the store and walk in. I go for a six-mile hike in the mountains once a month with my son. But, in reality, all of this doesn't add up to much.

I recently had a wake-up call on my decline in physical function. I used to run a lot. I have always enjoyed running; it feels like freedom. I ran long distances in college, once running fifteen miles averaging 7.5 minutes per mile. So, when my wife said she was so impressed that our son ran a 10K, I said, "That's nothing." She challenged me to do it, and I said, "No problem, I used to do it all the time."

The next day I drove 3.1 miles down a very flat road and marked

the half-way point. Then I drove home, got out and ran. The cool breeze was refreshing, but within only a few minutes I was panting so hard I lost control of my breathing. I had to slow down and pace myself better. With a lot of hard work I got to the half-way point – 5 kilometers but couldn't run another step! I had to walk most of the way back before I could run the last kilometer into home. I was crushed! I have lost a lot of function! I used to be fit!

I learned an important lesson that day – if you don't use it, you lose it. I am medical director of a nursing home, and know plenty of people who have declined because they stopped exercising. I don't want to decline as I age so I really need to shut my laptop, get off my butt, and start exercising!

The best way to stay out of a nursing home is to exercise regularly. Those who can run a mile at age 50 have a very good chance of being alert and active their entire lives. I need exercise. I need to build muscle. I just don't have enough time in a day to get adequate exercise. What can I do?

Not Enough Time To Exercise?

The average American has 5 hours per day of free time to exercise.[1] I really can't use the excuse of not having enough time. I have found two real issues: laziness and priorities.

Excusing myself because I don't have a big construction project or I don't like to use energy without a purpose is just laziness.

Rather than living my life by how I feel at the moment, I can decide to improve. I need no other reason to exercise regularly than to increase strength and be healthy.

You don't need to stress about doing it every day. You are not a failure if you skip days, or even weeks. One study showed that people who did a six-week training program, then took three weeks off, keep the same amount of muscle mass as those who did the same program without taking time off. Their conclusion:

"A 3-week detraining/6-week retraining cycles result in muscle hypertrophy similar to that occurring with continuous resistance training after 24 weeks." [2]

The fascinating fact is that "muscle memory" allows you to rebuild quickly -- those who work out and take a break get

their muscles back faster when they start working out again. According to a 2010 study, “Individuals with a history of previous training acquire force quickly on retraining and this commonly observed phenomenon has been dubbed “muscle memory.”[3] They found that even when people stop exercising and lose muscle mass, they maintain those cells that build new muscle, making it easier to regain the strength that was lost.

The point is, we don’t need to worry about taking time off or be overly concerned when we don’t exercise every day. ANY benefits we gain will help us in the long run. The point is to have a work-out program that you do regularly, and taking breaks will not hurt.

The most important thing is to have a program. Make an appointment. Work-out with others. Set a time in your day for exercise. The time can vary, the place can change, and you would do well to do different exercises. Doing the same thing every day can cause over-use injuries. Besides, doing different exercises works different muscles, keeping your body balanced.

What Is The Best Exercise?

The answer to this is: the one you like. Just take a look at the examples above. Each of them has a different exercise program. None of them do the same thing.

Any kind of movement is fine. It isn’t necessary to spend thousands of dollars on amazing, motorized exercise equipment. I have patients who bounce on a little trampoline at home. Others cannot even bounce, so they use a recumbent exercise bike that puts no stress on their joints. This allows them to exercise and still watch television – true multi-tasking! Of course, walking or running requires no equipment at all. I have one patient who goes barefoot walking on the beach – walking in the sand gives her a good work-out, and she doesn’t even have to buy shoes.

However, if you want to build muscles in the most efficient way, and you don’t have a lot of time to walk an hour every day, then you may want to consider a way of exercising that could be done in minutes, and still build muscle.

INTERVAL TRAINING

Once only elite athletes were given instruction on High-Intensity Interval Training, HIIT, but now it is recommended for everyone. In fact, what would take 45 minutes of walking or aerobic exercise could be done in 15 minutes.[4] The results of this form of exercise are astounding. Moreover, it can be done with any muscles of the body.

The essentials of HIIT are simple. Do any exercise as hard as you can for 30 SECONDS. Then, do light activity for two minutes. REPEAT. That’s it! Just 10 to 15 minutes is enough. You can do a single exercise or change them each day. One day you can run for 30 seconds, then walk for two minutes. The next day you can do as many sit-ups as you can in 30 seconds, then stand and twist for a couple minutes. The following day you can do as many push-ups as possible for 30 seconds, then do arm range-of-motion for a minute or two. If you go to a gym, you can bench-press as much as you can for 30 seconds, and then do range-of-motion exercises for a couple minutes. If you ride bikes, you can push as fast as you can for 30 seconds and then ride slowly for a minute or two.

As you can see, this type of exercise can be done anywhere at any time. There are no limits. It’s simple. Anyone can do it, and it works with any exercise. However, there is one caveat:

THE HIGH-INTENSITY PART OF THE EXERCISE IS DETERMINED BY YOUR LEVEL OF TOLERANCE.

It isn’t necessary to sprint a 100-meter dash if you are running for 30 seconds. All you do is what you can do. You may just jog for 30 seconds, and then walk for two minutes. It’s OK to adjust this to your own needs and abilities. Don’t try to do too much at once. Build up to a higher level as you improve your strength and skills. The point is to do a short burst to your limit, and then take it easy for a minute or two.

When To Exercise

There are many reasons a morning workout may be best.

- It works with your circadian rhythm.
- You have more energy during the day.
- The mind is cleared by exercise.

- People eat better, making better food choices, and eating less on the days they work out.
- People sleep better at night with a morning workout compared to the evening workout. [5]

However, there may be other reasons for doing an evening workout:

- It's easier to find partners.
- Classes may be available.
- You may need stress reduction after a long day of work.
- Strength and endurance are increased in the evening.[6]

Overall, it seems a morning exercise routine will start the day better and keep you more fit. But if an evening workout fits into your schedule, that may be preferable, especially if it means that you will do it.

Weight Loss With Exercise

One of the myths perpetrated by our society is that exercise will cause you to lose weight. Surprisingly, people who exercise eat less than people who don't. The fat loss is not from exercising, directly burning calories, but rather because people feel better, and eat less. They get satiated faster!

A 150-pound person would have to run a marathon to burn one pound of fat. How long does it take to put on a pound of fat by eating? The fact is:

The amount of fat on your body is determined by food – what you eat, when you eat, and how much you eat.

The amount of muscle is determined by exercise – Which exercise, when you exercise, and how much exercise you do.

If you build more muscle, you're going to gain weight. Arnold Schwarzenegger had a very high body mass index in his thirties, and about the same in his sixties:

The young Arnold is mostly muscle, the older Arnold is mostly fat – with the same body mass index! But, now, in his seventies,

Arnold has come back with exercise and diet to be much more fit. The muscle memory allows him to build up more muscle with less exercise. However, the fat comes off with eating less -- he is eating a mostly vegan diet.[7]

My Recommendations For You To Exercise:

Exercise is a very important part of your health. I have decided I'm going to do the following to keep up my energy, focus, and fitness:

1. Plan exercise into your day – just fifteen minutes of HIIT can work.
2. Choose exercises that fit your needs – especially what you enjoy.
3. Take a class, work with a trainer, or go with others to keep you on task.
4. Use HIIT at least three times per week to build “muscle memory.”
5. Exercise in the morning, if possible.

With a nutritious diet, and regular exercise program, there is no reason you cannot be fit into your eighties, nineties, or even over a hundred!



*Sources: [1] <https://www.washingtonpost.com/business/2019/10/30/actually-you-do-have-enough-time-exercise-heres-data-prove-it/> [2] Comparison of muscle hypertrophy following 6-month of continuous and periodic strength training. Riki Ogasawara, Tomohiro Yasuda, Naokata Ishii & Takashi Abe. *European Journal of Applied Physiology* volume 113, pages975–985(2013) [3] Myonuclei acquired by overload exercise precede hypertrophy and are not lost on detraining. C. Bruusgaard, I. B. Johansen, I. M. Egner, Z. A. Rana, and K. Gundersen. *PNAS* August 24, 2010 107 (34) 15111-15116; <https://doi.org/10.1073/pnas.0913935107> [4] <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/interval-training/art-20044588> [5] <https://www.healthline.com/health/exercise-fitness/working-out-in-the-morning#morning-vs-evening> [6] <https://www.healthline.com/health/exercise-fitness/working-out-in-the-morning#morning-vs-evening> [7] <https://veganliftz.com/arnold-schwarzenegger-vegan/>*

Top 9 Reasons to Work Up a Good Sweat!



by Rob Fischer

WHEN AUTHOR ISAK Dinesen poetically wrote, “The cure for anything is salt water: sweat, tears or the sea,” her statement was more accurate than she may have realized—especially when it comes to sweat.

With ads peddling the embarrassment and undesirability of sweaty armpits, Americans spent \$2.9 billion dollars to benefit from deodorants and antiperspirants in 2012. Ironically, while we were working so hard to prevent and hide our sweat, this underrated bodily function was operating efficiently to keep us healthy.

You and I were designed with anywhere from two to four million sweat glands. Interestingly, women generally have more sweat glands than men, but men’s glands out-sweat women’s.[1] (You’ve no doubt noticed!)

Sweating is not something we can do on command, but our nervous system prompts sweating either due to increased body temperature or emotions like fear, anxiety, anger or

embarrassment.[2] But sweating serves us in far more wonderful ways than merely signaling a response to heat or emotion.

Perspiration consists primarily of water but also contains salt and other minerals, urea, lactic acid, ammonia and sugar.[3] For millennia, ancient cultures have touted the benefits of sweating in hot baths, steam rooms, and sweat lodges. But we now know that those benefits are much more than folklore.

9 Benefits of Sweating

1. Sweating regulates your body temperature.

Without sweating, your body would quickly overheat and pose a life-threatening situation.[4] Normal body temperature is 98.6 degrees Fahrenheit. But just a few degrees higher for an extended period can be dangerous. Sweating helps cool your body and maintain a healthy temperature.

2. Sweating cleans your pores.

Sweating opens up your pores and flushes them with water removing dirt, grime, dead skin cells and body oils. The benefit of sweating regularly can prevent and clear up blemishes and other skin problems.[5]

3. Sweating helps rid your body of toxins.

Your skin is the largest organ on your body. The skin absorbs substances and also expels toxins from your body. More research needs to be conducted in this regard, but studies have demonstrated that toxins found in perspiration were not evident in the person's blood or urine. Sweating has been found to help eliminate environmental toxins such as BPA, DEHP, cadmium, aluminum, and manganese.[6],[7]

4. Sweating helps prevent and fight disease and infection.

Sweat produces nitric oxide, a gas with powerful antibacterial and antifungal properties. Dermcidin, an antimicrobial peptide is also excreted with sweat onto the surface of the skin. The benefit of this healing wonder is known to kill MRSA and other dangerous bacteria.[8]

5. Sweating lowers your risk of kidney stones.

What does sweat have to do with forming kidney stones? First, those who sweat a lot, drink more water—a known deterrent of kidney stones. Second, when you sweat you rid your body of salt that may have otherwise gone to your kidneys to help form stones.[9] The takeaway here is that sweating is a whole lot less painful than passing a kidney stone!

6. Sweating decreases body odor.

What? That's right. Body odor is associated with the toxins being expelled. So, when you work up a good sweat, you're cleaning those smelly toxins away.[10] Okay, I'm not saying that a sweaty, detoxified guy is going to smell like a rose, but he won't smell like a skunk either!

7. Sweating improves circulation.

When your sweat glands kick into gear, they stimulate blood flow in the capillaries in your skin. This results in improved circulation throughout your body.[11]

8. Sweating promotes healing.

Typically, you sweat when you get a fever due to some infection your body is fighting. Sweating increases metabolic activity in your body that stimulates the immune system.[12] This may be why exercise that induces sweating seems to help heal a cold more quickly.

9. Sweating helps relieve stress.

There's nothing like a good sweat to clear body and mind! Sweat helps relieve muscle tension brought on by stress. [13] If you've ever relaxed in a hot springs, hot tub, or sauna, I'm sure you've experienced this stress relieving effect.

How to Work up a Good Sweat

There's good news for those who are adamantly opposed to exercise. Apparently, the benefits of sweating can also be experienced in a sauna—wet, dry or infrared, or in a hot bath.[14] Obviously, when you exercise to bring on a sweat, you're getting a two-for-one benefit that you won't achieve in a sauna or hot bath. But hey—there's room for both methods in our lives to work up a good sweat!

Just writing this piece I've worked up an appetite for a healthy sweat! How about you? What are you going to do to get those pores a flowin' and those toxins a goin'? Grab a friend and go for a brisk walk, hike, run, or bike ride.

Or, when was the last time you sat in a sauna? Perhaps you don't own one, but know someone who does. Share this article with them and invite yourself over—tell them you'll bring the wine!



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5 Ways Exercise Boosts the Immune System

by Rob Fischer

FROM A MEDICAL standpoint we are truly fortunate. For the most part, our society is free from the dread diseases of the past like the black plague, cholera, and smallpox that decimated populations, sometimes killing off whole communities. Many of those deadly diseases are either nearly extinct or very treatable today.

But a different variety of diseases is plaguing us today and more often than not, they are on the rise. Some within the medical community refer to these diseases as “immunity rot,” “the new morbidity” or “the diseases of lifestyle.” That’s because, “These ailments come as a result of our bad habits and poor choices,” according to Dr. Richard A. Swenson, MD.[1]

Simply put, our lifestyles consist of extremes:

- We sleep too little
- We eat too much
- We exercise too little
- And we have too much stress
- All this comes to bear on our health.

Obesity and diabetes are growing at alarming rates in the US. Heart disease, cancer, Alzheimer’s and a whole host of other lifestyle disorders are sweeping the nation, becoming all too common. We may be living longer, but with less vitality and quality of life.

Exercise is one of the keys to reversing this downward health spiral in our lives. In fact, exercise is a primary factor in building our immune system to ward off those diseases of lifestyle.

Exercise boosts our immune systems in at least 5 ways

1. Exercise is necessary for overall physical and mental health.

Our bodies were created for movement. The Johns Hopkins Medical Center reports, “Physical inactivity has clearly been shown to be a risk factor for cardiovascular disease and other conditions” including:[2]

- High blood pressure
- Coronary heart disease
- Feelings of anxiety and depression
- Risk of some types of cancer
- Type 2 diabetes

Vigorous exercises like running, swimming, walking fast, cycling hard may add years to your life according to various studies conducted in Europe.[3]

2. Regular aerobic exercise increases the body’s ability to deliver and use oxygen.

Oxygen is the enemy of disease and the friend of healthy cells. Lack of oxygen in the bloodstream due to physical inactivity is a common factor in asthma, emphysema, bronchitis, and the variations of COPD.[4]

Insufficient oxygen in the blood has also been linked to virtually every major category of illnesses including: the development of cancer, heart conditions, problems with the intestinal tract, respiratory disease, joint problems, sinus issues, yeast infections, type 2 diabetes, osteoporosis, and sexual dysfunction.

3. Physical exercise has been shown to increase the “T-cells” or immune cells in the body.

T-cells are the cells that attack bacteria and viruses. Exercise increases the number and aggressiveness of these immunity cells as much as 50-300%.[7]

For this reason, those who exercise regularly generally get fewer colds and flus. When they do get sick, their illness tends to be less intense than for those who are sedentary. Moderate exercise when you have a cold may also help you get over it sooner. But you have to listen to your body and not overdo it.[9]

The increase in T-cells resulting from exercise also significantly improves and speeds up the healing process in many cancer patients.

4. Physical exercise boosts the immune systems by decreasing the stress hormones in the body.

The body’s natural response to stress of nearly any kind is to secrete stress hormones like adrenalin and cortisol. These stress hormones are known to lower the immune system.[12]

Other than avoiding stress altogether (which is nigh unto impossible) the best way to rid the body of these stress chemicals is through physical exercise.

5. Exercise boosts the immune system by increasing insulin sensitivity in the



cells and lowering blood sugar.

Sugar causes inflammation. Physical exercise increases the body's ability to transport and metabolize sugar, getting it out of our system.[13] And by maintaining healthy levels of blood sugar, we avoid the horrible complications often associated with diabetes like heart and kidney disease, neuropathy, blindness, and Alzheimer's.

Benefits of exercise

Yet, we often struggle to make regular physical exercise part of our lifestyle.

The experts agree that a routine of 30-45 minutes of sustained exercise like brisk walking, running, bicycling, swimming, etc. three to four days per week is what it takes.[14]

Keys to making exercise a habit

There are several things you can do to make regular exercise a part of your lifestyle:

1. Find an activity that you enjoy. Make it fun! If you're going to walk, go somewhere that is enjoyable. If you have a dog, take your dog with you.
2. Choose an exercise that is practical and easy for you to engage in. If you have to travel 20 miles to find a swimming pool, then swimming may not be the best option for you. Integrating a brisk walk in the early morning, over lunch, or in the evening can be a great exercise to begin with.
3. Engage the help of a friend or partner to exercise with you. This one practice can often make or break your resolve.
4. Start slowly if you haven't been exercising regularly. Don't try to go out and run six miles the first day. You may injure yourself, or at the very least be very sore and discouraged the next day.
5. Once you establish a routine, vary it for more enjoyment. For example, in the summer I alternate between hiking and bicycling, and I have several different routes to take with each. In the winter, I toggle between cross-country skiing,

hiking and snowshoeing.

6. Purchase at least the minimum of the right equipment to engage in your exercise. Beyond the obvious physical factors involved in owning the right gear, there's also a psychological sense of satisfaction that comes along with it.
7. Set small goals and reward yourself for hitting them.
8. When you fail to meet an exercise appointment for one or more days, don't let it derail you. Make tomorrow a new day to start fresh.
9. When you travel, think ahead about what you need to take with you and how, where and when you can exercise. It can be an adventure to walk or run in a new city, or on the beach, or in a forest you've never explored.
10. Learn to listen to your body. Sometimes exercising can bring on minor aches and pains that we would not have otherwise experienced. Learn to distinguish between a pain that requires a day or two of rest and one that will go away if you continue your exercise.
11. Stay hydrated and eat in a healthy way that will support your new exercise routine.
12. Get a good night's sleep! A regular routine of exercise will not only help you sleep, but getting plenty of rest will enhance your workouts.

If you're not already engaged in a regular exercise routine, make plans to start one this week!

And let me leave you with this quote from Ellen DeGeneres, "My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is." ►

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Exercise and You Might Be Able to Rewrite the Future



by David Kekich

DESPITE YOUR BODY beginning to wear out as you age, there is still much you can do to slow and reverse the trend.

As part of a long-term study to determine how post-middle age changes in physical activity affect mortality rates, 2,205 Swedish men were initially surveyed from 1970 to 1973 at the age of 50. Each participant was categorized into one of four groups according to their level of physical activity: sedentary, low, medium or high. Researchers followed up as they turned 60, 70, 77 and 82.

The study team found what you would expect: exercising more translated into lower mortality rates in all exercising groups. But the study also revealed some surprising findings.

Those who raised their level of physical activity between the ages of 50 and 60 experienced the same mortality rates as those men who had always maintained high levels of physical activity.

The results were so pronounced that the study team compared the reduction in mortality to people who stop smoking. “Increased physical activity in middle age is eventually followed by a reduction in mortality to the same level as seen among men with constantly high physical activity.

This reduction is comparable with that associated with smoking cessation,” writes the study team. However, the researchers found that in order for low-level exercisers to “catch up,” they would need to maintain regular physical activity for at least five years.

The study was published in the British Medical Journal. It confirms we can reverse some of the damage done in earlier years and become as healthy as people who have maintained a healthy lifestyle for most of their lives. In fact, researchers at the University of Pittsburgh finally answered the question, “Is physical frailty inevitable as we grow older?”

That question preoccupies scientists and the middle-aged. Until recently, the evidence was disheartening.

A large number of studies in the past few years showed that after age 40, people typically lose 8 percent or more of their muscle mass each decade. Then the process accelerates significantly after age 70.

Less muscle mass generally means less strength, mobility and independence. It also has been linked with premature mortality. But a growing body of newer science suggests that such decline may not be inexorable. A study published in the October, 2011 issue of *The Physician and Sports medicine* gives us new hope.

The new thinking goes like this: Exercise and you might be able to rewrite the future for your muscles.

Researchers found there was little evidence of deterioration in the older athletes’ musculature. The athletes in their 70s and 80s had almost as much thigh muscle mass as the athletes in their 40s, with minor, if any fat infiltration.

The athletes also remained strong. There was a drop-off in leg muscle strength around age 60 in both men and women. They weren’t as strong as the 50-year-olds, but the differential was not huge, and little additional decline followed.

That means the 70 and 80-year-old athletes were about as strong as those in their 60s. So, people don’t have to lose muscle mass and function as they grow older. The changes that we’ve assumed were due to aging, and therefore unstoppable, seem actually to be caused by inactivity. And that can be changed.

So Start Moving Now

You are designed to move. When you exercise, your body signals your cells to grow. These growth signals cause a ripple effect, spreading the growth process to every cell in your body, making you functionally younger.

Sedentary muscles trickle chemicals, signaling every cell to wither away. It’s simple. You can spend the rest of your life in a powerful healthy body, or you can opt for the lazy way to decay. It’s your choice, and by exercising, you choose health and power.

Sedentary people who get fit cut their heart attack risk by 75–80% over five years. That’s impressive, since heart disease is our single biggest killer. According to the Harvard Alumni Health Study, you need vigorous activity to significantly lower your risk from coronary heart disease.

Many people in their sixties, seventies and older exercise their way to being in better shape than the average thirty-five-year-old. If you’re not exercising now, you can double your strength in three months and maybe double it again in three more months. It doesn’t matter if you’re twenty-five or eighty-five.

In fact, muscle growth in the elderly was statistically equivalent to youngsters doing the same amount of training.

So, you’re never too old to add strength and flexibility. Researchers also found that percentage of body fat and aerobic capacity was related more to training than to age.

Regular exercise also seems to maintain the levels of hormones that typically decline with age. This is great for your appearance, attitude and your sex drive. (Did you know sex sends longevity signals to your cells that may postpone senescence and death?)

Regular exercise helps to increase DHEA and reduce cortisol, the stress hormone. Some of the other general effects of exercise include increased metabolism and increased lymph flow.

If you are over forty years of age, have a chronic disease or any serious conditions, check with a doctor before beginning your exercise program.

You may consider getting a personal fitness trainer to tailor an exercise program for your specific needs and to keep you motivated and on track. Hire a knowledgeable trainer for at least your first few sessions and periodic tune-ups. He or she will guide you into easing into training if you are not in shape. Training builds muscles quickly, but joints take more time to become strong enough to support your stronger muscles.

The best way to stay on track is to decide what kind of activities or sports you enjoy most. Then mimic the basic movements pertaining to those activities and incorporate those into your routine.

Not only will you enjoy training more, but your sports performance should improve as well. Weight training wakes up your neural connections too. This is one reason it improves your performance in your favorite sports. Not only are you stronger and more agile... but you become better coordinated.

Exercise can be generally categorized as either strength training (anaerobic training) or cardio training (aerobic).

Begin your exercise session with at least five minutes of a warm-up exercise, which will bring your heart rate up to 50% of your maximum

At the end of your workout, make sure you cool down by walking or continuing to perform your activity at a reduced rate for five to ten minutes.

Build up your endurance gradually, starting out with as little as five minutes of endurance activities at a time, if you need to. Starting out at a lower level of effort and working your way up gradually is especially important if you have been inactive for a long time.

Your plan is to work your way up, eventually to a moderate-to-vigorous level that increases your breathing and heart rate. It should feel somewhat hard to you.

When you are ready to progress, build up the amount of time you spend doing endurance activities first; then build up the difficulty of your activities later.

The more exertion, the greater the benefits. But your activities shouldn't make you breathe so hard you can't talk unless you

are doing interval training.

To learn about proper stretching, go to www.stretchingUSA.com.

One training aspect most people overlook is balance. Spend a few minutes a day improving it. One way to start is to hold onto a table or chair with one hand, and stand on one foot, then on the other. Then use one finger, then no hands. If you are steady on your feet, progress to no hands, and finally, to doing it with your eyes closed.

Ask someone to watch you the first few times, in case you lose your balance.

Another way to improve your balance is through “anytime, anywhere” balance exercises. For example, balance on one foot, then the other, while standing during the day.

Intervals — Another Longevity Path

Can you train hard for ONE MINUTE? Rather than a long, steady low to medium intensity effort, consider interval training for twenty minutes or more. Interval training can burn up to nine times as much fat than sustained medium intensity exercise.

Interval training maximizes fat loss in minimum time, while reshaping your body with lean muscle. It burns up to 50% more calories, not just while you train, but for hours afterwards. For every pound of muscle you gain, you can burn 35–50 calories more per day with zero added effort.

So, if you add just one pound of muscle, you will burn up to 18,000 extra calories every year. That means you burn more calories—while you eat, sleep and relax. Adding four pounds of muscle burns as much calories as running two miles every day. How much fat does a pound of body fat burn per year? Only 700.

After warm up, do ½ to one-minute sprints at 80–90% of your capacity. Then go through a recovery of one to two minutes at 40–50% of your capacity and continue this cycle for twenty minutes. Do this routine three days per week.

High intensity exercise though, is the gold standard for fitness... and longevity. It was recently endorsed by the European Society of Cardiology. A study conducted among cyclists in

Copenhagen, Denmark showed it is the relative intensity, and not the duration of cycling, which is most important in relation to all-cause mortality.

It's even more pronounced for coronary heart disease mortality. The study concluded that men with fast intensity cycling survived 5.3 years longer, and men with average intensity 2.9 years longer than men with slow cycling intensity.

This study suggests a greater part of the daily physical activity in leisure time should be vigorous.

In nature, arteries don't wear out, harden, clog or explode. It's inactivity that makes cardiovascular disease our #1 killer.

Type 2 diabetes is greatly reduced through regular physical activity too.

Professor James Timmons and his research team at Heriot-Watt University Edinburgh, Scotland studied brief periods of high-intensity interval training (HIIT). They found doing a few intense exercises, each lasting only about 30 seconds, dramatically improves your metabolism in just two weeks.

In fact, by doing just three minutes of High Intensity Training (HIT) a week for four weeks, you could see significant changes in important health indices.

Another study reported in Science Daily on April 27, 2016 confirmed these findings. Twelve weeks of brief intense interval exercise improved indices of cardiorespiratory and insulin sensitivity fitness and health to the same extent as traditional endurance training in sedentary men, despite a five-fold lower exercise volume and time commitment.

The researchers at McMaster University have found that a single minute of very intense exercise within a 10-minute session produces health benefits similar to those from 50 minutes of moderate-intensity continuous exercise.

HIIT may be the most effective all-natural approach to slow down the aging process by reducing telomere shortening.

So, tell your friends to get off their butts, if only for a few minutes a day.

While it's theoretically possible to reap valuable results with as little as three minutes once a week, it's more beneficial doing them two or three times a week for a total of four minutes of intense exertion per session, especially if you

are not doing strength training. Doing it more frequently than three times a week can be counterproductive, as your body needs to recover between sessions.

Intensity is the key for reaping all the benefits interval training can offer.

In wrapping up, build up to all exercises and activities gradually, especially if you have been inactive for a long time. And if you have to stop exercising for more than a few weeks, start at half the effort when you resume, then build back up to where you were.

Find and do exercises that you enjoy. And never stop learning about fitness. The more you know about the positive benefits exercise gives you, the more naturally you will gravitate towards physical activity.

When you exercise, everything works better. If you're not biologically 15–20 years younger than your chronological age, you are not all you can and should be.

You can slow your aging down more than you think.

Much of your fitness success stems from your attitude toward exercise. Here are some mindset tips to help you meet your fitness goals:

- Think about exercise.
- See yourself as healthy and fit.
- Think of exercise as fun.
- Associate (link) the negative effects of your bad habits to those habits.
- Celebrate small gains and victories.





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