

# Today's Chiropractic Weekly Handout

## Develop Your Retirement Health Plan

Dr. Charles M. Laycock



If you are planning to retire, will you be healthy enough to enjoy retirement? This should be a time of pleasure, travel, getting involved in those hobbies you have postponed, and fostering relationships with loved ones. All the things you have wanted to do all these years. You don't want to be suffering with chronic symptoms or have your health deteriorating. And only you are in control of your health.

**The major problem with aging is inflammation**, and inflammation is promoted by being overweight, So weight control should be a major component of your health plan. Your metabolism slows down ten percent every decade, and you need to increase the amount of exercise by ten percent every ten years just to keep up. Otherwise you will slowly gain weight.

Controlling your weight involves two simple steps. **Establish a regular exercise routine**, at least three times per week, preferably one that includes resistance training with weights plus interval training. These two will be the most effective way to kick start your metabolism and keep it increased over the following 24 hours.

The second part of your program is establishing a **lifelong eating program that will keep you healthy and fit**. This can vary with your personal needs, preferences, and body type. It always includes eating whole foods and avoiding processed and packaged foods. As we age we become less able to process a high carbohydrate diet without gaining weight. If you are overweight, it's a good idea to get rid of grains and other starches including root vegetables (potatoes). Focus on eating green vegetables, salads, fruit, soups, clean animal protein products (organic eggs and hormone and antibiotic-free meats), and some organic dairy if you like. Avoid bread and other baked products, pasta, and cereals. Eat fruit for desserts instead of cookies and ice cream. Avoid pesticides as much as possible by eating organic produce. **Stick to your program and be sure to ask us about the Anti-Inflammation Diet handout.**

You will also want to **take nutritional supplements**. As we age our bodies produce less antioxidants and enzymes. This results in tissue damage, but you can forestall this aging process. Take **Tuna Oil** as well as **Prosybiotic** (probiotics) with meals to prevent and treat inflammation. Take antioxidants, like **Cataplex E**, **Cellular Vitality** and **SP Green Foods** to protect against free radical damage.

**Avoid petrochemicals** including commercial shampoos, laundry detergents, soaps, air fresheners, and cleaning supplies. Avoid pesticides in non-organic foods. These are all hormone-disruptors and carcinogens. If you have health problems seek out holistic medical care to treat chronic problems like arthritis, high blood pressure, elevated blood sugar, low thyroid, osteoporosis, and all the other symptoms associated with inflammation. **Avoid the cascade of conventional prescription drugs** so that you don't end up on a long list of pharmaceuticals as you get older.

*Stay healthy! Your life depends on it!*

*~Courtesy, Randall Neustaedter OMD*

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**Don't Forget!!**

**We are starting the Purification Program next Monday (6/27/11).**

**Buy your kit by then and receive 25% off!!**

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