

## ENEWS - At A Glance

May 2011

Happy May!

On May 26th, listen for a shout of "Hooray" as my kiddos see this side of the school bus go down our driveway! The last day of school will have finally arrived & summer can officially begin!

The Nelson's plan to fill their summer with swimming, camping, & a very small garden. We also hope to re-stain our house & of course, keep up on mowing. We always look forward to this time of year, especially after a very long, cold, Iowa winter! Happy Summer!

~ amber



### BOOK REVIEW: "Younger Next Year ~ For Women"

Authors: Chris Crowley & Henry S. Lodge, MD

Foreward By: Gail Sheehy

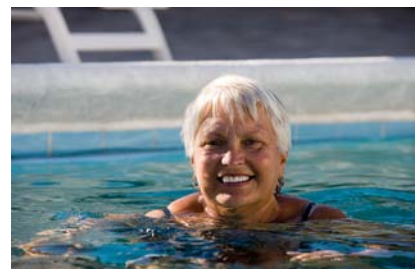
Not too many books start out with the sentence, "This is a book that can change your life." I was given this book, (yes, for those of you who are wondering, an actual, "hold in your hands with real pages" book) by a friend of mine who suggested I read it. So... I took this book, & like I do with most things in life, I picked/skimmed through it, hoping to find if the first sentence I read, truly had weight too it. Did this book make me want to change my life? (For those of you who don't know me, I am a die-hard coffee drinker, eat what is convenient, & exercise is a great thought, way in the back of my mind. I take my supplements off & on, force myself to drink water during the work afternoons, & believe that yes, chocolate is necessary every day! I can honestly say, I haven't slept through the night, since, well-forever. But overall, I feel pretty good, especially after the OTC pain medication that rhymes with "believe" is always handy!)



On a scale of 1 to 10, with 1 being low & 10 being high, I'd give this book a strong 5, almost 6. It had some good information in it, but it was also a little lengthy on "personal experience." Sometimes it felt like you were trapped at a party by that one person that you can't get away from because he always has a story! The book was also full of whimsical statements & flowed more like a conversation than a textbook read. Some chapters I found, I heavily hi-lited, while other chapters, not so much. There was also an underlying theme or subtle message that ran from the beginning of the book until the end. This theme would be the theory of evolution.

The book has some pretty interesting statistics:

- \* 70% Of Aging Is Voluntary
- \* 70% Of What You "Feel" As Aging - Is Optional
- \* 70% Of Premature Death & Aging Is Life-Style Related
- \* 70-80% Of Heart Attacks & Strokes Are Caused By Life-Style
- \* 1% Of Bone Mass Is Lost Each Year, After A Woman Turns 30
- \* 2% Of Bone Mass Is Lost Each Year, After Menopause





Throughout the book you will be introduced to “Harry’s Rules.” There are seven rules that you should diligently apply to your life, in order to age gracefully.

- 1. Exercise 6 Days A Week For The Rest Of Your Life**
- 2. Do Serious Aerobic Exercise 4 Days A Week For The Rest Of Your Life**
- 3. Do Serious Strength Training, With Weights, 2 Days A Week For The Rest Of Your Life**
- 4. Spend Less Than You Make**
- 5. Quit Eating Crap**
- 6. Care**
- 7. Connect & Commit**

### Rule 1: **Exercise 6 Days A Week For The Rest Of Your Life**

According to the authors, exercise is the great lifesaver & life enhancer, especially for women. Exercise is the “Master Signaler,” setting off hundreds of chemical cascades, signaling your body to repair, renew, & grow. Exercise leads to better brain function, better sleep, weight loss, improved libido, stronger immune system, better insulin regulation, plus, the strengthening & repair of muscles & joints.

The book goes on to explain the roles of Cytokine 6 (aka: C-6) & Cytokine 10 (aka: C-10). Cytokines are messenger molecules, turning off & on almost all metabolic pathways in each tissue & cell in the body. C-6 is produced in muscle cells & the bloodstream in response to exercise. C-10 is produced in response to C-6. There are over 100 cytokines in the body, but C-6 & C-10 are considered (by the book) the “master chemicals” for repair & growth in the body.

Furthermore, you have 660 muscles, which weigh around 60-70 pounds, or make up almost 50% of your body weight. Within these muscles is a massive reservoir of C-6 & C-10. If you “exercise” the author states that you should look at this reservoir as a “reservoir of youth.” To access this reservoir - you must exercise!  
*(NOTE: I would go into the long explanation of how C-6 & C-10 work in the body but I feel that I would only confuse the matter, since I only have limited space. Reason one to buy the book!)*

### Rule 2: **Do Serious Aerobic Exercise 4 Days A Week For The Rest Of Your Life**

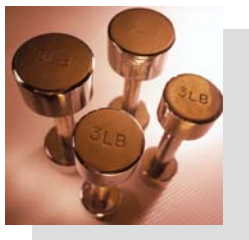
Aerobic exercise supports circulation & circulation is the key to good health, according to the authors. Aerobic exercise, such as biking, rowing, cross-country skiing, supports a healthy circulatory system by building up capillaries (thin blood vessels).

Fats are used by the body for energy but first must make it to the muscle, through the circulatory system. Fats are carried by triglycerides (type of special protein), through a network of capillaries, but these capillaries can only handle a few triglycerides at any given time. Therefore, you need to exercise, because through consistent aerobic exercise your body builds new networks of capillaries. New capillary networks mean that more fat can be brought to your muscles to be turned into energy for your body.

Furthermore, if through the circulation system you are able to bring more blood to your muscles, you will also increase your heart rate. Once your heart rate reaches a certain point, you will begin to burn glucose, which means you have moved into a different metabolism. Plus, your circulatory system is now getting a double workout, which in the end makes it stronger. It brings more glucose & oxygen to your muscles & then carries away the carbon dioxide.



### Rule 3: **Do Serious Strength Training, With Weights, 2 Days A Week For The Rest Of Your Life**



As the authors put it, aerobic exercise will keep you alive, & strength training will make you want to live. Strength training will make your life worthwhile. Strength training keeps your muscles healthy, your skeleton strong, & helps support healthy joints! It helps build bone mass, tendon strength, & neuro-connector strength.

Strength training is about your muscle's ability to deliver power & muscle coordination. Coordination between the muscles & elaborate networks of nerves, that link your brain & body. Strength training will help you stay on your feet, keeping you upright instead of suffering from falls.

### Rule 4: **Spend Less Than You Make**

Money woes equal stress. Stress is hard on your body. Therefore, manage your money. Enough said.

### Rule 5: **Don't Eat Crap**

Eat more fruits & vegetables, recommended 9 servings a day. Drink more water, at least 8 glasses a day. Calories do count & french fries are the root of all evil. I believe the authors even called french fries the "devil's food."



### Rule 6: **Care**

Care, because with most things in life, you have to be emotionally invested in order to reach your goal. I should point out that this is my interpretation & not the authors' interpretation for this rule.

### Rule 7: **Connect & Commit**

The authors state that *...social connections are a more powerful factor in health & mortality than smoking, alcohol, exercise, nutrition, or age.* Loosely, very loosely, this may be interpreted that you can drink play video games, eat fast food, & smoke & as long as you did it amongst friends, you will live to a ripe ol' age. However, I would have to imagine that if you believe that "loose interpretation" you are missing the point. Again, this is my interpretation but I believe what the authors are saying is accountability is a good thing. When you know that you have to report to someone else, other than yourself, you are more likely to stick with a plan & reach your goal.



The last question... ***"Did this book make me want to change my life?"***

Maybe... someday... when I have a little more time! The book makes sense & I did find myself a few times thinking, "I could do that, *if I just had the time.*" However, I must confess, I couldn't give up the french fries. Sometimes, a girl just needs her french fries.

Statements that I did like...

- \* "Exercise is *the* great key to aging." (Pg 17)
- \* "Nature's Rule is simple: Do something real every day." (Pg 122)
- \* "...and it's the *habit & routine* of exercise that lead to success." (Pg 123)
- \* "If you put any value at all on your quality of life, the time you spend exercising becomes a bargain. The reality is that your life is so full in these years that you can't afford not to exercise. The only real issue is that it's tough to keep up the motivation to exercise when life is crowded with obligations & stress. So rely on structure more than motivation." (Pg 124)

# Bill's Back Page

"My Page ~ My Domain"



**Don't forget to stock up  
on 3 essential items for  
your summertime fun!**

NC22

## Bug Repellent Spray

2 Ounce Non-Aerosol Spray

Topical Use As An Insect Repellent  
Temporarily Relieves Itch & Pain From Insect Bites

NC147

## Burn Repair Spray

2 Ounce Non-Aerosol Spray

Topical Use As A Spray  
Temporarily Relieves Stinging, Itching, &/or Pain  
From Minor Burns & Other Skin Irritations

NC213

## Insect Bite Spray

2 Ounce Non-Aerosol Spray

Supports Healthy Skin\*

Andrographis  
Bitter Ginger  
Hophead Phillipine Violet  
Turmeric

Supports A Healthy Immune System  
Supports Healthy Skin  
Supports Healthy Skin  
Supports Healthy Skin