

Almond

I just don't think about my age. If asked how old I feel, I really don't know what to reply. It is much younger than my actual years, though. I don't try to win any contests. It is enough to be strong enough to live my life and fill my pantry annually with fish I catch, meat I hunt and garden produce I preserve. I also need to be able to walk gently for a distance. No need to rush or run. I am shocked at how out-of-shape many people are. I have had to ride in those electric shopping carts on occasion after surgery for a leg injury, but we should not see so many people needing them routinely. It seems the crappier the supermarket, the more people we see using these chairs.

I definitely credit a homegrown diet with keeping me strong and healthy. So much supermarket food is unfit for human consumption. Either adulterated, toxic or nutrient-deficient. Why doesn't it occur to more people to seek food sources outside of supermarkets or do more of their own work? (garden, forage, U-pick, etc.) Why don't more people learn to cook from scratch instead of eating so much processed food? My husband commented recently on seeing so many grossly obese people in supermarkets. The last time I was in the supermarket (mostly buying nonfood items as it turns out), I encountered 2 different people trying to con the clerks with EBT cards and get them to give them free groceries.

Insufficient funds and they were trying to buy huge amounts of artificial sugary beverages. Something else I notice in women my age and younger is "bingo wings"--the underarm flab that jiggles when women raise their arms to shout "bingo". My simple daily chores and the routine exercises I do to keep me flexible and moving create muscle mass. It does not take that much "exercise". People must be very inactive. I do more routine daily chores before I start my new "day's work" than many people do all week long. It is not good to live a lifestyle so distanced from nature.

Posted On 08/12/2023

Guillermou

Yes, Almond important aspects that you have named. A Harvard study, almost 80 years old, has shown that embracing community helps us live longer and be happier. Over the years, researchers have studied participants' health trajectories and their broader lives, including their triumphs and failures in careers and marriage, and the findings have produced surprising lessons, and not just for researchers. . "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," said Robert Waldinger, the study's director, a psychiatrist at Massachusetts General Hospital and a professor of psychiatry at Harvard Medical School.

"Taking care of your body is important, but taking care of your relationships is also a form of self-care. That, I think, is the revelation." Good genes are nice, but joy is better-

news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-st.. life/ (2017).-----

----- Other research by Bardo and Scott Lynch of Duke University shows that the cognitive decline that can accompany aging does not preclude happiness and a high quality of life. But other studies find that life satisfaction and positive emotions decline with mobility problems and the death of spouses and other loved ones.

Despite the puzzling patterns across society, the research offers clues about how people can cushion their losses and keep their spirits afloat as they age, including staying involved in meaningful activities and maintaining a positive outlook. But more research is needed to confirm whether these actions can make and keep us happy, or whether happy people are more likely to do them.

www.prb.org/resources/happily-ever-after-research-offers-clues-on-what.. (2023)

Posted On 08/12/2023

LSquare

Well said, Almond, as I concur with your sentiments. In my mind, a 17-year old lives there, sometimes a 27-yo, but never the 52-yo that actually owns the property - despite having had 16 surgeries over the past 2.5 years and a continuing broken leg from being hit by a truck while bicycling in October 2020. Despite initially losing 4" of my tibia, I've eschewed using an electric cart this entire time - except way back in early '21 when a Target employee practically forced me to use one. It was too slow and too cumbersome, so I've opted to use crutches full time since then.

I'm not saying this to seek any praise, but that it's a mindset to be as self-sufficient and -reliant as possible. I posit that most people wouldn't need those carts if they didn't actually use those carts, or if they would take the stairs for 2 or 3 flights (or worse, just 1) instead of the elevator. I try not to judge, especially now after all that I've gone thru, because we all suffer in our own ways and bear our own crosses that are out of our control, but it's so depressing when someone can make relatively-easy and quick healthy and positive changes, but intentionally chooses not to (eg, increase your sun & D, your daily steps, your MG, and decrease the Little Debbie's and TastyKakes).

I don't blame the food companies, like many do; I think it would be far worse if we only had 3rd world or old Soviet Union choices and options, because i believe that you can still occasionally eat crappy food in moderation, so long as you balance out the rest of your diet and activity. Daily living has to be something more than a zero-sum-game, with the obvious exceptions of smoking, vaping, alcohol & drug use.

Posted On 08/12/2023

Almond

I can honestly say that I feel more influence from the results of past injuries (understandable) than I do from the years of my age. I think our perception of ourselves and expectations also have something to do with it. In my case, I believe it is reasonable to expect to live to be 120. I observe the effect of drinking good well water and a homegrown diet with fish and game meat. This is how nature intends us to live, not consuming crackle-bloopies and depositing ourselves in front of the boob toob for hours on end. Our bodies are made for work, motion and activity. A person who finds useful and profitable work that they enjoy is blessed many times over. You do not need to get rich, but you need to make a living and keep a roof over your head.

Posted On 08/12/2023

Dordee

Why so much prepared foods, BECAUSE it is soooo easy, do not have to clean, prepare, clean up afterwards, just throw out the paper plates. I had to use an electric cart when getting chemo for lymphoma, it left me drained. My hair fell out 4 times but did grow back, had to wear a hat and use the carts. A little boy asked me why? His mother was so embarrassed, but I said if he does not ask questions, how can he learn? I hated the cart, everything I needed was on higher shelves, had to get up and get them. Worse than leaning on the regular carts. Every time I had an injury, I tried to force myself to take extra steps, even then my legs were weak. I worked for dermatologist and mother was a nurse.

I saw many older people just give up, I am old, just sit and vegetate. The drs told them they could not do so they didn't even try. I refuse to be the little old lady in the commercial crying, "I have fallen and can't get up". Yes, i fell, couldn't get up but I butt walked 50' to bath for grab bars to pull myself up, found when I did that, it pulled muscles other side. I do not fish or hunt but get my beef, pork and chicken from farmers I can trust, have grassfed, free range animals. Eggs too and raw milk. Why not cook myself, it is cheaper in the long run. No transport, labor intensive charges!

It seems the same mental capacity that causes them to take the word of drs as gospel causes them to eat highly processed, grain fed. It is called "not able to think for yourself". I have 3 cats who keep me active with 4 feedings daily, opening and closing the door 50 times and scooping 5 litter boxes twice daily even on my worst days. Now my broken arm first year, broken wrist next year are healed and I have learned to adapt to them, can turn key in ignition with left arm and shift gears. Either that or have to be driven everywhere I went. Your balance is upset when break an arm, so had to watch where I put my feet, and slow down. Have not fallen since.

Posted On 08/13/2023

Almond

Dordee and all... This has been my observation with cancer patients. Under optimal circumstances when people have options and resources, maybe 95% of patients will take complete charge of their recovery and pursue "rational" therapies, considering all of their alternatives. These people will research, study and commit to special diets, etc. This number declines as circumstances become less favorable. Less than one percent of cancer patients will struggle against all odds when everyone is against them and they must stand alone.

These hardy "survivors" are just hard-wired differently from the get-go. Their intelligence, understanding, planning and vision give them a reason for confidence in their ability to overcome. They are often loners to begin with, so are less affected by social pressures to conform, when many people would rather be dead than different. As rural populations migrated to cities in search of easier lives, many of the self-reliant and productive traits of farming communities were abandoned.

Survival came to depend more on going along to get along rather than individual productivity and results as with taking livestock or a crop to market. You could sit on an assembly line and do the same thing every day and never understand the process involved. Political alliances mattered more than producing a better mousetrap. People are still being ostracized in certain social circles for not conforming in appearance or supporting certain issues. Individuality is sacrificed in favor of "for the good of all" (group think).

Posted On 08/13/2023

Guillermou

Report that brings together aspects of advances in Dr. Mercola's research of great importance for health. Sarcopenia, osteoporosis, and frailty are common in older adults and have a marked impact on their general health and quality of life. Approximately 30% of individuals over the age of 65 fall each year; 5% of them present major injuries such as fractures, 2% require hospitalization and of these only 50% survive a year after the fall. These figures refer to the elderly living in the community. Regarding the elderly who live institutionalized, the figures are more important: 50% of these fall each year, with a result of 10 to 25% of fractures or major injuries as a consequence.

Thus, the popular idea of serious deterioration and more than possible death of an elderly person after a serious fall is quite correct. The series of events that seem to be associated with a large number of diseases, injuries and ailments are 1) loss of muscle mass, 2) leading to a reduced metabolic rate, 3) followed by an increase in fat that places nearly 80% of men and 70% of women aged 60 and over in the undesirable categories of overweight or obesity [sportsmedicine-open.springeropen.com/articles/10.1186/s40798-021-00321..](#) (2021) [digitalcommons.wku.edu/.../61](#) (2022) The risk of falls is associated with several factors, including reduced physical performance, lower extremity muscle strength, and postural balance.

Among the behavioral risk factors, alcohol use, sleep disturbances, some medications, fear of falling due to a previous history of falls, and poor footwear often contribute to falls. Fear of falling is defined as a long-lasting preoccupation with falling that may lead a person to avoid activities despite being able to perform them. Thus, the psychological consequences of falls can lead to deconditioning, increased risk of falls, limitation of social interaction, isolation, which further leads to anxiety and depression.

Posted On 08/12/2023

Guillermou

The optimal exercise modality for the prevention of falls in older adults has been defined as activity that improves balance and resistance and strength training of the lower extremities. However, the number of older people who routinely train is still low, less than 10% and less for activities that challenge balance. Those over the age of 70 who participate in balance and resistance training are much more likely to be healthy and functionally capable than those who do not. It is advisable to choose different training exercises aligned with the patient's goals or the movements performed during daily activities (task specificity), together with balance exercises adapted to the ability and aspects of balance that need improvement.

Progress the volume, level of difficulty or other aspects to see a continuous improvement (progressive overload) The group exercise program was effective in reducing fall risk and fear of falling, improving balance and lower extremity strength, and improving quality of life in older adults. www.ncbi.nlm.nih.gov/.../PMC3413733 (2012).----- bmjopen.bmj.com/.../e048395.abstract (2021).-- -- www.sciencedirect.com/science/article/abs/pii/S8756328222002502 (2023).--- www.ncbi.nlm.nih.gov/.../PMC10348058 (2023).---- In general, different types of physical training have a positive effect on preventing the risk of falls in older adults. Resistance training has been shown to improve muscle strength, physical performance, and balance in frail older people. It is also associated with a reduced risk of falls due to the effect on the rate of force development and neuromotor adaptation.

Posted On 08/12/2023

Guillermou

Blood flow restriction training can effectively increase muscle mass and strength, prevent muscle atrophy, improve cardiopulmonary function, facilitate postoperative and injury rehabilitation, and intervene in related degenerative diseases as a suitable training method for people greater. The primary mechanism of blood flow restriction training that promotes the growth of muscle mass and strength is the metabolic stress response, which includes recruitment of muscle fibers, activation of the protein synthesis signaling pathway, and secretion of hormones, Inclusion of BFR simultaneously with resistance exercise increases bone and muscle mass primarily through various hormonal pathways while improving cardiovascular function without any adverse events.

Improvements in mobility and gait are indicators of a higher health-related quality of life, minimizing disability in older adults. Combining BFR with low-intensity resistance training may be an effective strategy to prevent disuse muscle weakness, muscle atrophy, and sarcopenia resulting from aging and prolonged periods of inactivity. link.springer.com/.../s13670-020-00323-9 (2020).---
www.frontiersin.org/articles/10.3389/fphys.2023.1155314/full?utm_sourc.. (2023).--- Low-intensity resistance training with blood flow restriction (BFR) can effectively improve lower extremity muscle strength, muscle mass, and walking ability in middle-aged and older adults, and can serve as an important way to fall resistance training for older adults www.ncbi.nlm.nih.gov/.../PMC7716683 (2020).---- www.jgerontology-geriatrics.com/.../540 (2023).-----
eurapa.biomedcentral.com/.../s11556-022-00294-0 (2022).--- www.mdpi.com/.../4723 (2023).---

Posted On 08/12/2023

Hey Gui, sounds like as usual the pathway to one's best potential, health needs a focus on where one is currently to make adjustments to achieve the target one would like. Being as there is no way to know it all, folks often get their introduction of something by word of mouth. Lots can get lost as things move through the grapevine. Then there is the process of discovering tweaks, improvements in the knowledge. Due one's age or current physical condition calls for different approaches to hit a similar goal. The young or fairly young as usual can most likely move into their prime territory fairly quickly. Those severely injured or dealing with the residue of past transgressions of Life a little slower even if the old foundation of a better health the body had is not forgotten.

The person who has just arrived at the realization maybe I should explore what is causing all these things I take med's to treat symptoms but don't address reversing or preventing them. Those of advanced age or stuck in a nursing home, another approach altogether. Doc's newer diet information for different people depending on those factors, along with how the KAATSU is used, while the basics look pretty well established, the tweaks can possibly move things along much better. Looking on KAATSU as an investment in personal health as a top priority for all else to follow, while the equipment is expensive, maybe not so much when one stops & considers how much is spent on things of entertainment.

Money for toys of different varieties? Things one loses the ability to do if not in good health. In my case a new injury flaring up a series of old injuries & life demands threw me off an exceptionally good routine. Attempting to reboot has been extremely difficult. KAATSU is making it possible to heal muscle mass around the offended joints offering protection, increasing the chance to get back into, or much of the old routine possibly making it work even better for me. \$\$\$ well spent.

Posted On 08/12/2023

Guillermou

Well expressed, Just, let's remember Abraham Maslow's Pyramid of Needs, who supported his theory that, from the highest priority needs, towards the lowest priority needs we would reach satisfaction. This is important to consider when reflecting on our personal development in order to better conceptualize and understand ourselves. Self-care includes tools such as Emotional Intelligence, decision-making, etc., where we value our state of health and embark on the path to a better quality of life with healthy foods and lifestyles. To achieve this we need to be reflective, responsible and make use of sources of knowledge filtered by critical thinking.

The point is to set goals and strive to achieve them: If we are not satisfied with our current situation, we must set new goals for which you have to strive. Just by seeing small advances our quality of life will improve. Overcoming our limitations will make us have more confidence and security in ourselves, which will help us to have a better quality of life. There are many situations in life that can cause us stress or anxiety and can reduce our quality of life. It is important to use muscle relaxation or meditation to mitigate them. Aging is a natural part of the life process of all people, it is necessary to be prepared and learn new behaviors to build an old age with well-being and satisfaction.

In this walk in life, adapt positively to changes and develop permissive activities for self-realization and cognitive stimulation. If we learn to be grateful for everything that happens in your life, you will automatically feel happier. Learn even from your even from your mistakes, thinking about the lessons you can get from all of it. Our quality of life is associated with our well-being, both physically, socially and psychologically, and will depend on our lifestyle, our attitude towards life and our social relationships.

Posted On 08/12/2023

Dordee

And not paying attention to where your feet are going, getting a hurry! I found after 2 falls, if I look where I am going, do not get in a hurry, I do not fall. I do not try to climb a ladder, leave that to my neighbors young sons. At 82 I might be pushing it a bit to try chancy tasks. I am working on exercises to strengthen my legs and arms as I was not as mobile when broke left arm, right wrist. It affects your balance when arms cannot swing freely because in a sling. I had to learn to adapt to lock the door, start my van and drive, do many other things. Not about to be that little old lady on the commercials, crying because fell. Funnt, but I have better balance is I walk barefoot, Shoes today have all that built in supports, etc., I cannot fel what I am walking on.

Barefoot, I feel a cat's toy, recognize what it is, do not panic, over react causing a fall. I had been told I should get rid of my cats, they could trip me. If I know they are there, I do not trip over them. They give me emotional support, alert me to health issues, wake me if need be so I can do what is needed to correct the situation. Alcohol, I have a stash in the baement I can use for barter if needed, 12 year Chevis Regal, now over 40 years old. Mom's patient used to bring her a bottle every time he came in. Medications, I take none now, just healthy food and some supplements, collagen for my bones.

Posted On 08/13/2023

oco329b

It's worth the investment now to protect and rebuild muscle and strength. The initial investment is high, but when I think about how many years my husband and I can use it, it is definitely worth it. My husband spent a couple of months in the hospital recovering from sepsis from a surgical "injury". It is stunning how quickly the muscles atrophied. This would have been a great way to supplement the exercise bands to rebuild his strength.

Posted On 08/12/2023

nan6449

Wow!..dr Mercola is turning into Popeye, lol

Posted On 08/12/2023

Segstar

He "neglected" to mention his Olive oil and Spinach...Those could be his trade secrets lol..

Posted On 08/12/2023

Sanbruno69

I equate my health @ 74 years young thus: Can I lift a 5 gallon jug of water over by head and hold it? Yes I can. Takes 2 hands now. I do this daily 5 times. Works for me. Great article to keep. Gracias Doc.

Posted On 08/12/2023

cedwards13

Oooh. Clever! I'll start this but at one gallon and grow from there. Love this. Was looking for arm exercises. Have a treadmill but need upper body strength! (And to get rid of those pesky bat wings!!!)

Posted On 08/12/2023

drwortham

Hello Dr Mercola, I've changed my diet since your Fat for Fuel book came out. Now you need to write another book that teaches the best diet for us to maintain/ build muscle mass. Thank you for all the efforts you have made to help us strive for health!

Posted On 08/12/2023

tomjimjan

We have a little plaque on our kitchen windowsill that says, "Age Doesn't Matter Unless You Are a Cheese." VERY true!! lol

Posted On 08/12/2023

Segstar

Perhaps can also add a good wine... Gets better with age. Cheers..

Posted On 08/12/2023

badboy2

This is a great article Dr. Mercola. It helped clarify a better understanding of some things I was not always sure of. Also, I'm glad you pointed out some differences in regard to the potato, a food source that I always felt was of some value to Health.

Posted On 08/12/2023

sonny08

Age is just a number - easy anti aging formula - Broccoli , Onions , Eggs , Mushrooms , Power Greens / Veggies / Fruit / Smoothies , Real Steak - Sweat Everyday - Good Whiskey - I'm 6'3 almost 70 and weigh 220 - not much fat and Willie Works As Designed

Posted On 08/13/2023

NaturalGrace

I was averse to strenuous exercise and always had delayed recovery with muscles resistant to strengthening UNTIL I fixed my mitochondrial function with Nicotinamide riboside (plus riboflavin5P), Alli Thiamine (special sulfated form of B1), and fat-soluble Magnesium (microMag). More energy, waking refreshed, and natural core muscle strength .. what I refer to as inherent strength (e.g. just naturally there without pushing). An interesting Nicotinamide riboside (NR) observation .. I have been a migraine sufferer since childhood (heavy metals most likely) and have tried Riboflavin5P from time to time because it comes so highly recommended. It just made yellow pee with migraine benefit. After taking NR for 3 months, I tried P5P again and no yellow pee. That is remarkable, yes? That was 2 years ago and I had only 2 migraines in the past year (compared to 1-2 monthly previously). They were easily managed with oral DMSA, Quicksilver IMD, and glutathione support.

Posted On 08/13/2023

DrewMarc

Wow Dr. Mercola. You are very strong. I admire your strength. I want to be like you when I become your age. Please keep it up and you are my inspiration. Cheers to your health, happiness, and freedom!

Posted On 08/13/2023

ThomasHerman

I know we are always able to learn new things and change our mind, but when you declare the RIGHT way to eat is to eat low carbs, high fat, and then it becomes low fat and high carbs, it is, to say the least, confusing for people who actually take your advice seriously. What will it be next year? Is diet a fashion trend?

Posted On 08/12/2023

VickyD.

Woohoo, Dr M!! I wish I could've been there to cheer you during and after this competition! You are admirable!

Posted On 08/12/2023
