

ASHBY ADVISOR

Seventeenth edition
October 2007

We all need inspiration at times so this month we'll start with one of my all time favorite motivators – Jack LaLanne – The King of Fitness. Jack turned 93 last month and he's as active now as ever. He exercises two hours each day – an hour in the gym and an hour in the pool. He keeps up a busy lecture schedule and a new radio program on Monday mornings.

Jack has stated that he was very unhealthy as a child and was addicted to sugar. He heard a lecture by nutritionist Paul Bragg that changed his life at age 15. It sent him on a life long quest to improve his and other people's health. He obviously succeeded. You can check out his life story at (<http://www.jacklalanne.com/biograph.html>)

By the way, Jack also attended and graduated from chiropractic school at the beginning of his career.

So some tips for the month → exercise slows muscle aging (Jack's a living example). Canadian scientists compared tissue samples of older adults to younger adults before and after six months of exercise – the older group showed 50% improvement in strength and increased cell mitochondria function back to younger age cells.

The size of your waist is directly correlated with urinary and sexual function. The larger the waist, the more problems men had with voiding urine and sexual function. Researchers concluded that “pelvic disorders” in men are “easily diagnosed” by measuring their waistline.

So start getting more active and reduce your caloric intake to keep the body healthy.

Happy Birthday Jack LaLanne !

Quote of the email: None of the secrets of success will work unless you do.