

Who is the best Teacher...?

We were discussing Marjia and her progress and we reduced the progress to three specific areas. Blood flow in her upper body, blood flow in her spine, and blood flow down her legs and into her feet.

We were trying to develop some form of exercise or thinking that would make the exercise sessions more meaningful. Baseline would be minutes spent on each activity: 1. mindfulness, 2. square breathing and 3. chair exercise. You can see three activities in the attachments.

Mindfulness, this is the simple practice of being present in the current moment. When we are fully present and consciously aware of ourselves and the world around us we are not looking back and replaying negative self-chatter. We are not worried about the future. We are simply being completely present in a nonjudgmental and observing manner. Research shows that mindfulness lowers cortisol and blood pressure, improves sleep, and chemically reduces stress, depression, and anxiety while improving attention. Most important, mindfulness powerfully protects middle-aged and older adults from the effects of stress on mental health.

News alert! A company just went public called Heartflow. It could be a disrupter in our field. Stay in touch. Call your Broker.



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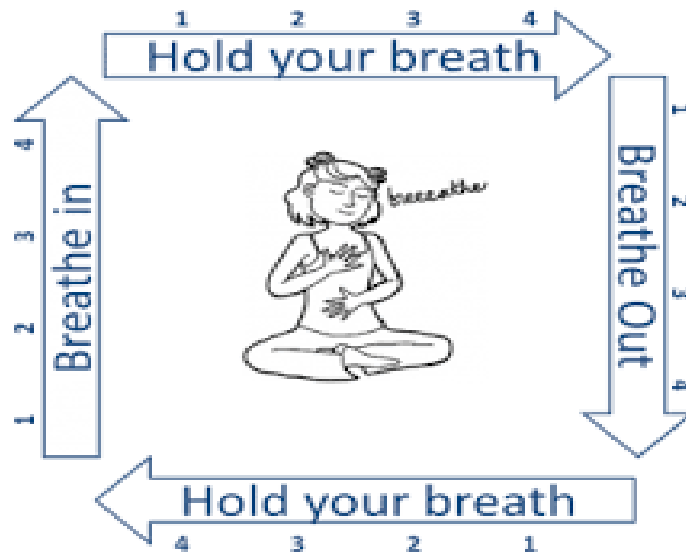
Things to do to help Marjia...

Program (blue button) 4, 5 & 6

1. Can put the b-pad down spine
2. For shoulders can wrap around the neck in the back and let rest down shoulders on both sides (do not wrap around the front of the neck).
3. Wrap the feet to get the blood flowing down into her legs.

Square Breathing

Try a mindfulness breathing exercise that can be used to address immediate feelings of stress. Deep breathing stimulates the vagus nerve, which helps to induce a relaxation response to stress. This exercise brings you to present awareness by simply focusing on and ultimately controlling your breath. It is a powerful technique that can be used at any time.



1. Sit upright and pay attention to your breathing.
2. Exhale slowly through your mouth to the count of 4. Hold to the count of 4.
3. Inhale slowly through you nose to the count of 4. Hold to the count of 4.
4. Repeat this pattern for several minutes

CHAIR EXERCISE

I. UPPER BODY (USE WEIGHTED MONKEY)

- a. BOWING
FORWARD, LEFT &
RIGHT
- b. ROWING
- c. CURLS
- d. PRESSES
- e. SHRUG
SHOULDERS
- f. BICICLE LEGS
- g. RAISE ARMS,
RIGHT & LEFT

---BREAK---

II. HEAD

- a. TOUCH NOSE
- b. HANDS UP
SLOWLY
- c. WAIST TWIST
- d. HEAD TURN
- e. HEAD NOD
- f. HEAD ROTATION

---BREAK---

III. LOWER BODY

- a. ROCKET KICKS
- b. CROSS-OVER
KICKS
- c. MARCHING
- d. HAND KICKS
- e. TOE TWIRL

Take Note of How You Feel

Please take a couple minutes to write down how you feel before you get started with your health journey.

Think of everything that has bothered you rather than just focusing on one major issue.

Sleep, Energy and Waste Elimination are usually the first things that people notice, which is why those are highlighted.

Other things to take note of include... mental focus, mood, and stress levels. Make a note of all your issues including old injuries. Include skin issues such as pimples, rashes, burns and cuts.

Pay attention to how you recover from playing sports, working out or doing other activities.

Please Make A List Of All Your Doctors and Insurance Providers:

1. _____
2. _____

Sleep...
Restless
Interrupted
Sound

Energy...
High
Medium
Low

Poop...
Daily
Every Other Day
Not Enough

Other Issues...
(List any other issues)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



OPTIMAL SLEEP

The KetoFLEX 12/3 diet and lifestyle combine fasting, exercise, and a plant-rich, mildly ketogenic diet with optimal sleep to create a foundation that supports cognition.

Never before has the practice of medicine been as polarized by the dichotomy between reductionism and holism as exists today with relation to the treatment of disease.

Reductionism, as it is applied to the practice of medicine, takes the position that in order to best understand a disease process and ultimately formulate and implement as appropriate therapeutic intervention, both the disease and the intervention need to be reduced to the simplest operative parts and mechanisms. In contradistinction to reductionism, holism places more value on exploring the forest as opposed to focusing on the simple tree. To be sure, a holistic approach to health and disease absolutely embraces the discoveries of deep scientific pursuits, but the fundamental differences in comparison to reductionism is found when examining how science is utilized as it relates to actually treating a malady. Whereas reductionism looks for the one home-run solution, holism considers any and all options available if there is something positive to offer.

I have used the reductionism approach be deciding to be vaccinated. I will also use it for this new drug Aduhelm. Is it right for me or my loved ones? What are the risks and benefits of this drug? How soon will it be available, and will my insurance pay for it?

The holistic approach uses the three compliments of the lifestyle, diet, fasting and exercise. When these are combined, they provide clean sustainable fuel for the brain. Practicing these three strategies currently yield a synergistic effect that promotes more rapid healing than employing anyone of them alone. It is the combination of the three that leads to optimizing health and avoidance of chronic disease rampant throughout modern civilization.

The attached sheets will help you research and organize the process.

Credits:

The End of Alzheimer's Program, Dale E. Bredesen, MD
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