

THE BULLETPROOF HOME

BOOMER'S GUIDE TO PREPPING

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Why the Elderly are at Risk in a Crisis

During an emergency or crisis situation, such as a natural disaster like a flood, hurricane, tornado or earthquake, some of the most vulnerable and overlooked members of society are the elderly. Not only are the elderly at greater risk of injury, infection and/or death during a disaster, they are also frequently targeted in the aftermath of a disaster, especially when they may have been better prepared than their average neighbors (often as a result of being older and having grown up during a time when stocking up on basic supplies was a more common habit).

These and other factors spell trouble for the elderly members of our society, especially since many families live far apart these days and grandparents may be hours or days away in another state, far from the assistance of their younger relatives. Unfortunately, some of the most vulnerable of all elderly adults are those who live in assisted living homes, group communities or nursing homes. With their immediate family and relatives generally located far away, and due to the fact that many of these people are in such homes on account of chronic, debilitating diseases, these vulnerable elders have often been abandoned and literally left to die during disasters.

This short guide aims to put power back in the hands of our respected senior citizens, to remind them that they are needed and valuable members of our society who do not deserve to be overlooked, abandoned or taken advantage of during a crisis. With sound advice concerning common medical ailments, how to handle your prescription medications, natural supplements and herbal alternatives for treating many chronic conditions, and what supplies are best to stock up on, this guide will empower you to make informed, wise decisions about your preparedness.

Stockpiling Medication & Potential Natural Alternatives

Whether you have acute health problems and/or chronic or debilitating diseases, stockpiling necessary medications for yourself and/or your loved ones is a wise and advisable thing to do. Always pay attention to expiration dates on medication that you intend to stockpile, especially when it comes to antibiotics and other medications that are known to degrade swiftly after expiration. When in doubt do not use an expired medication, as some medications can become poisonous and potentially deadly once they have expired.

If you have a life-threatening medical condition that requires regular medication, your doctor may often be willing to write an extra prescription for use as emergency backup. Whether or not additional medication is covered by your insurance is something you will have to check with your policyholder, and not all doctors are willing to fill extra prescriptions, but if it's an option for you it is well worth taking advantage of.

In addition to stockpiling regular prescription medications, you may also wish to stockpile antibiotics for use in case of an emergency. If your doctor or prescribing physician is

unwilling to issue additional prescriptions for antibiotics, rather than purchasing from shady online retailers or foreign online pharmacies you can purchase most standard antibiotics without a prescription at the local vet and in most farm supply stores.

Marketed for pets and often sold as aquatic antibiotics, common antibiotics such as amoxicillin, penicillin and ciprofloxacin are sold under product names such as FishMox, FishPen and FishFloX. By examining the USP identification code stamped on each pill one can confirm that the 250 mg or 500 mg capsules are 100% identical to the prescription antibiotics that you get in the pharmacy with a prescription from your doctor.

In addition to traditional antibiotics, there are also a number of natural antibiotics that can be used both topically and internally with great efficacy. Garlic (and more specifically the allicin produced by cutting or crushing garlic) has been known for centuries to be a potent antifungal, antiviral, anti-pathogenic and antibacterial substance. And with the recent scientific studies done into allicin, including the first patented, stabilized and fully bioavailable allicin extract (trademarked under the name Allisure) it is now gaining wider acceptance in the medical community and has even been used to treat MRSA.

Another alternative to traditional prescription medications is to transition toward supplementation with herbs, vitamins and/or minerals and other trace nutrients. Many herbs and spices have a long history of traditional use in folk medicine as well as traditional Chinese and Indian medicine, with modern scientific studies often confirming the hundreds or thousands of years of historical and anecdotal evidence for these traditional folk cures. For major diseases including diabetes, hypertension and high blood pressure and Alzheimer's disease, here are some of the most widely used and best studied alternative therapies worth considering.

Diabetes & Blood Sugar Levels

With type II diabetes increasingly prevalent and seemingly on the rise every year, it's no surprise that more people than ever are reliant upon prescription medication and/or insulin injections to manage their blood sugar levels and avoid falling into deadly shock. For medication-dependent diabetics, an end of the medication or insulin supply literally spells death. Fortunately, however, there are a number of ways you can ensure that your medical condition won't be the death of you in the event of a natural disaster or other calamity that cuts off your access to the pharmacy.

Cinnamon is a potent antibacterial, antifungal and anti-inflammatory spice that can also act as a natural food preservative when used in cooking. In addition to a raft of other health benefits (including a significant reduction in the pain associated with arthritis) cinnamon has been shown to have great promise in regulating and stabilizing blood sugar levels.

Cinnamon has also been shown to have insulin like effects due to one of its bioactive compounds, and when taken at or around meal time has been shown to slow the emptying of the contents of the stomach. This in turn slows the digestion of food and acts to regulate blood glucose levels in the process. Cinnamon is also a potent antioxidant and is chock-full of healthy bioflavonoids and polyphenols.

Arjuna is another herb that has shown promise in the treatment and managements of diabetes, particularly type II diabetes. Traditionally used in Indian and Chinese medicine, arjuna is extracted from the bark of the arjuna tree and is most commonly recommended for its cardiovascular benefits. Arjuna is also rich source of antioxidants and fresh juice from its bark can swiftly stop bleeding from most wounds.

Recent studies have shown that arjuna may be effective in regulating and stabilizing blood glucose levels. This is helpful not just to those who suffer from diabetes, but it is also good news for those who have a hard time maintaining a healthy body weight or dieting due to fluctuating blood sugar levels and the resultant issues with appetite.

Hypertension & High Blood Pressure

Cardiovascular disease is one of the leading causes of premature death in the world, especially when it comes to high blood pressure or chronic hypertension. Part of why high blood pressure is so dangerous is not just because it puts a huge strain on the heart, but also because chronic high blood pressure damages the entire cardiovascular system, which in turn leads to even more health problems. One health issue compounds atop another, and before you know it your body has given way to an early grave.

If you suffer from chronic high blood pressure or hypertension, then you know that there are many lifestyle changes you can make to try to manage your condition, but that isn't always enough. When you suffer from hypertension or severe high blood pressure, medication generally is not optional, it is necessary. Unfortunately this leaves you dependent upon prescriptions and pharmacies, as well as big industry and established medical facilities. In the event of a crisis or emergency (or perhaps the end of the world as we know it) filling your life-saving prescriptions may be incredibly hard if not entirely impossible.

As an alternative to standard pharmaceutical medicines, there are several natural herbs/spices and foods that can do wonders for the cardiovascular system. If you currently take prescription blood pressure medication then please exercise caution when trying alternative supplements; many of these substances are known to interact with prescription blood pressure medications. Please consult with your doctor or prescribing physician prior to adding any supplements to your regime or altering your dosages of prescription medications.

Hawthorn has been used in traditional medicine around the world for hundreds of years as a strengthening tonic for the cardiovascular system, as well as for its potent effects on high blood pressure and hypertension. Extracted into an alcohol-based tincture or steeped as a tea from the fresh or dried leaves and or berries of the hawthorn plant, hawthorn is excellent for promoting good heart health and can provide a natural, energizing buzz as well.

Cinnamon has been shown in clinical trials to exhibit potent, beneficial effects on the cardiovascular system, particularly having to do with the lowering of LDL cholesterol levels. Recent scientific studies have followed patients receiving oral doses ranging from 1.5 to 6 grams daily of cinnamon powder over the course of 40 days.

Aside from various other cardiovascular improvements, the LDL cholesterol levels of participants were measured to have dropped anywhere from 12% to 35% from the start of the trial. Research into the efficacy of cinnamon as a treatment and/or preventative measure for cardiovascular disease and high blood pressure is still ongoing, but the results so far are very promising. As an additional bonus, cinnamon has been shown to have very beneficial effects on the regulation of blood glucose levels and is particularly helpful for managing diabetes.

Curcumin is one of the active components found in **turmeric**, a member of the ginger family that is very popular in traditional medicine and cuisine throughout the Middle East, India and Southeast Asia. Turmeric itself is a real powerhouse food, but curcumin has been specifically studied in much greater detail over the last 10 – 15 years and the results have been phenomenal. Not only is curcumin a potent anti-inflammatory capable of reducing the symptoms of arthritis, it is also recommended as an aid for digestion and has shown promise as a protective agent for the brains aiding in protection from Alzheimer's disease and other neurodegenerative disorders.

Although its effects on blood pressure and hypertension have not been directly studied in great depth, curcumin has shown itself to be exceptionally good at lowering blood cholesterol levels (particularly LDL cholesterol levels), reducing inflammatory reactions and slowing down the clotting of blood all of which may prevent or combat high blood pressure. Due to its tendency to thin the blood, curcumin should only be taken in conjunction with other blood pressure medications under the strict supervision of your doctor.

Memory, Mental Clarity & Managing Alzheimer's Disease

Ginkgo biloba is one of the oldest, continually harvested and grown medicinal plants on the planet. Popular for thousands of years in traditional Chinese and Indian medicine, ginkgo biloba has a well-established history of use as a memory aid, to boost cognitive functioning and as a preventative measure against neurodegenerative diseases such as Alzheimer's and dementia. Modern scientific studies have confirmed much of the anecdotal evidence for the efficacy of ginkgo biloba as a memory aid and for improved cognitive functioning.

Sage has traditionally been known as the tea of philosophers and great thinkers, and in recent scientific studies it has shown promise in use against Alzheimer's disease and the age-related onset of dementia. As a source of thujone, a GABA and serotonin (5-HT3) antagonist, sage enhances concentration, attention span and sharpens the mental senses. It has also been used as a folk remedy for depression, sadness and mild mood disorders. Sage is also a rich source of vitamin C, vitamin A, numerous minerals, beneficial essential oils and antioxidants.

Rosemary also has a long history of use as a memory aid, and recent scientific studies have begun to confirm this age-old link between the scent of rosemary and increased memory and mental acuity. Steeped as a tea, rosemary can be drunk to obtain both its memory and mental acuity boosting effects as well as a healthy dose of vitamins A, B and C and minerals including iron, phosphorus, calcium, sodium, potassium, zinc, magnesium and manganese. Rosemary is also packed with powerful antioxidants and beneficial flavonoids.

Essential Emergency Supplies

The most essential of all things are food and water, so you should always have a stock of clean drinking water and a supply of non-perishable foods. At a bare minimum it's advised that you keep a 3-day supply of water and non-perishable food for each member of your household (including pets, mind you) but in the event of a real emergency or disaster situation, the reality is that you'll need far more food and water than a mere 3 days.

Depending on how you store it, water can last from 3 – 5 years on average, with some special water pouches and 'emergency water rations' coming with a shelf-life of 15 – 20 years. Rather than trying to store thousands of gallons worth of water, however, a high-quality filtration system with replacement filters is much more economical and portable in the event of a bug out.

In most locations, a few dozen gallons of water, combined with a quality water filtration system, should suffice to provide you with clean drinking water until you can find a reliable source to collect and filter additional water from. When buying standard bottled water, such as the jugs of spring water sold in grocery stores, it's a good practice to change your water supply out approximately every 4 to 6 months, keeping only the freshest water in storage.

Good foods for long-term storage include dried beans, rice, sugar, flour, yeast, baking soda and baking powder as well as dry pasta, powdered milk and canned goods. Meals-ready-to-eat, commonly known as MREs, and freeze-dried or astronaut foods are good for longer-term storage, with an average shelf-life on the MREs of 5 years or more, and on the freeze-dried astro food 20 years or more.

For short term storage (a few years) or bugging in, canned goods are quite suitable for storage. In addition to powdered milk, evaporated milk stores well in cans for several years and

can be used in a pinch as an alternative to milk. Sweetened condensed milk also keeps well and is great for use in cooking and baking, but does not serve well as a 1 to 1 replacement for milk. Other great canned foods include beans, chili, stews, canned meat, tuna in oil, preserved fruit and jams, as well as vegetables like corn, tomatoes, carrots, and potatoes.

Some of the most noteworthy general survival supplies that you should stock up on for bugging out or bugging in include:

- A battery-powered and/or hand crank radio for receiving news, alerts and weather bulletins; be sure to store plenty of extra batteries for all battery-operated electronics.
- A battery-powered and/or crank powered flashlight; again remember to pack extra batteries with your flashlight.
- A multi-tool utility tool such as a Gerber or Leatherman tool can be worth its weight in gold in a survival situation.
- At least three methods of starting a fire, this should generally include matches and/or waterproof matches, a lighter (or two), and an old-fashioned flint and steel or magnesium ferrod with steel striker. You can never have too many ways to start fire, though, and some other methods include rubbing two sticks together as well as igniting steel wool with a 9 volt battery (note: the steel wool must be dry and the finer the steel wool is the better it will ignite).
- Candles, battery-operated lamps or lanterns and extra fuel as necessary.
- A very well stocked first aid or emergency medical kit with a 30 – 60 day supply of any and all necessary prescription medications you or your family need. If a certain medication literally means the difference between life and dead for you or a loved one, try to stock at least 90 – 120 days' worth of the medication in case of emergency.
- A manual can-opener; you probably have one in your drawer already, but make sure because the last thing you need is a bunch of canned food you cannot open.
- Nascent iodine tincture and/or potassium iodide tablets for use in a variety of applications; iodine can be used topically as an antibacterial, antimicrobial, antifungal and antiseptic, and iodine is especially important for internal use in the event of any nuclear disaster or radiation leak (i.e. Chernobyl or Fukushima) and the thyroid is susceptible to radioactive iodine. Both iodine tincture and/or iodine tablets can also be used to sanitize drinking.

- Sturdy shoes that are comfortable to walk in, as well as several extra pairs of warm, thick socks and other warm, sturdy clothing. Suitable clothing for all possible weather extremes should be kept in good condition and reasonable available.
- Reliable medical equipment, such as hearing aids, walkers, canes or other necessary medical equipment. Invest in high quality materials and equipment that will last for a long time, and be sure to stock extra batteries for your medical equipment.
- A small hatchet, axe and/or chainsaw for cutting wood down to size; even if you aren't able to do this task by yourself, having the tools on hand is a good idea because with any luck someone in your support group or family will put them to use and help you out.
- A high quality, reliable water filter with spare filters if necessary.
- A quality compass and maps of the local areas where you live or intend to travel or bug out to if necessary, as well as a pencil and/or pen and writing pad.
- 550 paracord, one of the most useful substances known to mankind
- Duct tape, another of the most useful things in the universe

This list is far from complete, but it covers some of the basic essentials that are good to have in stock. There are a lot of things that could be added to this list if you had any intention of bugging out into the open wilderness, but for most elderly and aging individuals a far better plan of action is to bug out to a safe location such as a rural property you own, or to a close friend or relative.

Remember that by yourself you are vulnerable and exposed, even if you are with your spouse (and this really goes for most young people, too), and the sooner you can get back among trusted friends or relatives, the safer you will be.

When you have extra cash to splash, some of the nicer survival items to invest in may include:

- A power generator sufficient to power small electronics, potentially a small fridge and/or water heater, stove or small oven, etc. Power generators range in price from a couple hundred dollars to upwards of \$10,000 - \$20,000 and \$30,000. and maybe gas/diesel powered, solar powered, wind powered or hydro-powered.
- Gold, silver and/or copper coins or bullion; older US coins (minted 1964 and earlier) contain up to 90% silver and are a good investment and store of value as well as a hedge against inflation. As harder currencies, gold, silver and copper have traditionally held

rather stable values even as fiat currencies have risen and fallen; be sure to invest in bullion, coins and/or chips of many small weights (1/8th oz., 1/4 oz., 1/2 oz., 1 oz., etc.) for ease of use in barter and trade, and so that you don't lug a 5 lb. bar around with you.

- An off-the-grid retreat or bug-out property, either with a small dwelling or the rights to establish one or live in a trailer on the land. Good retreat locations are remote, located in fertile, arable lands, and have a reliable water source on or near the property. A stash of survival gear can also be buried or concealed on your chunk of land.

Developing a Close Community

One of the unfortunate inevitabilities of growing older is a steadily declining physical condition. As you get older, even if you maintain robust good health for your age the fact is that most 50, 60 and 70-year-olds simply cannot compete against the physical strength, endurance and stamina of the younger generation of mid-20s to mid-30 or even mid-40-year-old individuals. Then, of course, there is the fact that with age often comes a decline in mental acuity, ability to cope with stress and capacity for concentration.

What this all means is that as a member of an aging or elderly generation you are, on average, more vulnerable than those of the younger generations are. This is especially true in the case of widespread panic or chaos, the likes of which ensues after a calamity, natural disaster or other emergency event. Amidst much of the looting, pillaging and raiding that takes place during and directly after a disaster or emergency, those who prepared in advance are often targeted.

Starting with family, close friends and your local community (including neighbors) one of the most important steps you can take to prepare for a worst-case scenario is to develop a very tightknit community that can act as a trusted network and support group during a crisis. A common misperception is that the elderly and aging members of our society have little to offer, especially in the post-SHTF scenario, when it comes to survival and toughing out the storm.

This view simply is not true, as there is always more safety and power in numbers and even in a post-end-of-the-world-as-we-know-it scenario, there will still be plenty of chores and day-to-day tasks that will have to be done and that will go faster with every set of extra hands available. Many of the elderly and aging members of our society have also lived through previous hardships and disasters, and as a result they can offer valuable advice and suggestions when it comes to allocating resources, the division of labor, conservation of materials, etc.

If you don't have many family members and/or your family is scattered far and wide across the country (or world) you should still try to network and connect with close friends and immediate neighbors in your community. Having a common contingency plan, and being able to rely on your neighbors for additional security, can also bring great peace of mind.

Another option is to seek out a local militia, outdoorsmen and/or survivalist group; these groups often have friendly, knowledgeable and experienced individuals who are willing to share their time, knowledge and even supplies with like-minded people. In fact, many of the individuals in such groups are often current or retired law enforcement and/or military veterans, and as such they often have hands-on experience and in-depth knowledge that most civilians lack.

In addition to helping you survive (and hopefully thrive), a good support group and/or tightly knit community can also help to check on you if you are partially housebound or not fully able-bodied. Your support network can also help you evacuate in the case of an emergency, either by helping you pack and/or by driving or taking you to a safer location.

In any case, you stand the best chance of surviving and thriving if you have a supporting and like-minded community to rely upon the event of a crisis or emergency. All the guns, ammunition and other defensive weaponry in the world will only delay the inevitable if you are alone (or one of only a small handful of people) during serious disaster and bandits or thieves target you or your supplies.

The Boon of a Bug Out Vehicle (BOV)

Due to the decrease in physical fitness, mobility, stamina and general energy levels that accompany growing older and aging, a bug out vehicle (BOV) can be an invaluable tool in your arsenal of general preparedness. A good BOV will have above average gas mileage, preferably will be equipped with four-wheel drive, and can fit you plus anyone you intend to bug out with as well as any and all bug out gear you intend to take with you.

While you can invest in your own, ultimate BOV if you feel so inclined and have the money to spend, a sturdy, economic vehicle that isn't too flashy will serve you well if ever need be. One of the main things you want to avoid, especially if you are bugging out or leaving town amidst a disaster or general chaos, is drawing unwanted attention to yourself. So the fully decked out Hummer, or the F-350 jacked up on monster tires, might look like a rad bug out vehicle, but the super fuel-efficient, low key and reliable Subaru Outback is probably a better option.

A bug out vehicle allows you to travel much further than you would otherwise be able to get, and in a much shorter period of time. The best use about out vehicle is to travel on a predetermined route to a predetermined destination, although it's good to have as many alternate routes as possible plotted between you and your potential destination(s) in case of emergency.

Back roads, quiet country highways and lesser-traveled routes are generally a better option than the main freeways, which will generally be clogged and congested if not ground to a

complete standstill by all the traffic and subsequently the many stalled vehicles of those who are also trying to flee the disaster area. Map your route(s) ahead of time!

When possible, use your bug out vehicle to get to a secure location with friends or relatives where you can either weather the storm or continue onward to another secure location. If your end destination in a bug out scenario is more than a day's travel away, plot your route to include appropriate stopping locations that are safe and secure.

Guns and Dogs, Man's Best Friends

A common suggestion made to elderly, aging or otherwise infirm individuals who are interested in being more prepared for disasters and emergencies is to purchase a good firearm to serve as a deterrent against burglars, thieves, bandits and assorted robbers. While firearms certainly have their place in self and home-defense, another option worth considering is a guard dog.

As notoriously pack-oriented animals, if you raise a dog or bond well with an adult dog, treating it well and loving it while also giving it leadership and an authority figure (you) to respect and look up to, a large dog can provide you with companionship and protection. Many dogs have literally died to save their owner's lives, and many dogs have saved their owner's lives and lived to tell the tale (ahem). And although a good guard dog is susceptible to bullets and other weapons, they are immensely alert to new and unusual sounds and serve wonderfully as an early warning or detection system for intruders or strangers.

A good companion/guard dog is a particularly good fit for an older couple or a widow or widower who lives alone. Not only will your companion watch out for you and alert you of anything unusual, but they can also prove to be wonderfully uplifting. And, of course, a good dog combined with a good gun (and the knowhow to use it) can be a killer combination.

Growing Your Own Food Crops

There are many reasons why you might wish to start growing your own food crops now or in the near future, not least of which is the ability to be free and secure in your own food supply. Gardening and tending to your own food supply can also be a therapeutic and rewarding hobby, but in a serious disaster/survival situation, growing your own food crops becomes an absolute necessity. Whenever possible, there's no time like the present to start practicing, but at the very least you should stockpile suitable seed stock for use in case of a serious emergency.

Good foods to stock seeds for include:

- **Corn** is a relatively easy to grow, hardy and fruitful crop, with each individual stock generally producing two ears of corn. Planted in spring after the last frost, corn will grow and ripen over the course of the summer to be ready for harvest in early fall between September and late October depending on your geographical location.
- **Beans and legumes** are a nutritional powerhouse, densely packed with nutrients, dietary fiber and a variety of minerals. Plant bush and pole beans in mid-spring and replant through the summer to ensure a steady, ample supply of fresh beans.
- **Carrots** are very hardy and resistant to cold, but they thrive best in very loose, well-drained and loamy soil. Planted in spring, summer and fall, carrots can be harvested on a staggered schedule practically year-round in most locations, although winter production will decrease compared to the peak of summertime production.
- **Broccoli** is extremely healthy for you, and can be planted from seed in spring in order to be ready for harvest by the end of the summer or early fall. Eaten raw, in salads or cooked in a main dish, broccoli is packed with phytonutrients and flavonoids, and broccoli seed extract has actually been shown to exhibit marked anti-cancer properties.
- **Onions and shallots** are another great addition to your garden, both for their taste and health benefits as well as for their natural anti-pest effect. Planted near your more desirable plants, onions can help ward off bugs and other pests. Plant onions in spring and harvest in fall.
- **Garlic** can deter pests and unwanted bugs in your garden and is a great addition to practically any culinary dish. You can grow garlic simply by planting sprouted garlic cloves in spring or fall and waiting for the following summer / fall to harvest the bulbs.
- **Peppers**, ranging from bell peppers to cayenne pepper have a range of health benefits, are generally easy to grow and can prove remarkably bug-resistant due to their spicy nature. Once peppers have gone through flower they will continue to produce fresh fruit all summer, simply harvest ripe peppers to encourage a continual supply.
- **Spinach** is a very nutritionally dense, fairly easy to grow dark leafy green; in addition to vitamins and minerals, spinach also packs quite the protein punch and is an excellent source of nutrients and protein for vegetarians and vegans particularly.
- **Tomatoes** are delicious and everyone loves the taste of Italy, even if tomatoes didn't actually come from Italy. Easy to grow, generally prolifically productive, and forgiving of juvenile gardening mistakes tomatoes are a staple crop for any hobby or survival garden. Planted from spring onward (after the last frost) several well-tended tomato plants can provide you with enough fresh tomatoes to use them all summer and still can plenty for fall and winter.

- **Wheat** or another grain such as **barley**, **oats** or **rye** are important crops to grow; not only will you value having the material to make flour with, but chaff, shafts and other various and wanted or unusable material can generally be put to use as animal feed and/or compost. Cereal grains are also a caloric and nutritional storehouse, and with a simple grain silo your excess harvest can keep for months or potentially years on end.

For those who live in suburban or urban environments, or who have limited mobility and cannot comfortably stretch or bend for gardening anymore, a very good alternative system to consider is vertical aquaponics. An aquaponic system uses a vertical growing medium combined with a fish tank for raising fish for protein to grow fresh produce and vegetables in as little as 10 sq. ft.

Aquaponic systems come in a variety of sizes and configurations, with plenty of suggestions and instructions available for those who wish to save some money by building a DIY system. Pricing varies, depending on the size of your setup and the quality of the parts you use, plus how much of the system you put together or build yourself, but most aquaponic systems can be established for ~ \$600 - \$1000 or more.

Additional Tips & Suggestions for Prepping and Survival

We've all heard it said often enough that some people age so much more gracefully than others, and practically everyone has known someone who was "that old guy" who was still in super good shape even though he 65 or 70 years old. To those who can maintain that sort of physical condition well in their old age, a tip of the hat is well deserved.

Most people don't age so well however, but that doesn't mean you can't put some effort into an exercise regime. Young or old, regardless of your level of mobility, a regular exercise routine can do wonders to improve your overall health, feelings of well-being and general fitness. You don't have to torture yourself or push too far beyond your comfortable limits, by any means.

Regular, moderate levels of exercise (including walks, swimming and/or light aerobic exercises or yoga) can not only help you lose weight, but also feel more energized, vital and healthier. Such exercises are also healthy for the cardiovascular system, and what is good for the cardiovascular system is generally good for the whole body.

Finally, although you've heard it a million times or more, diet and nutritional supplementation can be one of the biggest deciding factors in your overall health and well-being. A diet rich in fiber, whole grains, raw and unprocessed foods, dense leafy greens and omega fatty acids is far healthier for you than a diet comprised of carbohydrates, highly processed,

starch-laden foods and the commercial, GMO-based fillers so often found on grocery store shelves in budget supermarkets throughout the country.