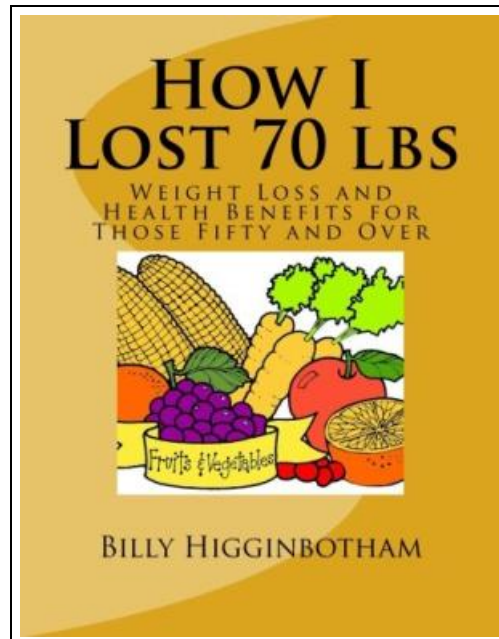


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HOW I LOST 70 LBS: WEIGHT LOSS AND HEALTH BENEFITS FOR THOSE FIFTY AND OVER (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss and Health Benefits for those 50 and Older As we all know, after 50 years of age, and in many cases younger, we tend to slowly add on more and more weight. Many people have just come to accept this as a natural process we encounter as we age. I decided that though I fit that profile (weighing in between 170 198 lbs since my 40 s on a 5 5 frame, and now 64 years of age), I was going to try to come up with some sort of diet/exercise program that should actually work for me. Of course, I had tried all the different ones (Low Carb, High Carb, Low Fat, High Fat and on and on) with reasonable success each time, but these diets are not the kind you may maintain as a way of life. Needless to say, I would lose 20 - 30 pounds, but almost immediately, after discontinuing the diet, I put the weight right back on. At 198 lbs, 5 5, and age 64, my blood pressure was constantly over 150/100, Cholesterol over 300, diagnosed with C.O.P.D.(Chronic Obstructive Pulmonary Disease), had testicular cancer at age 33, blind in my right eye, hard of hearing, carpal tunnel in both wrists (surgery on one), kidney stone (had to have surgery of course, couldn t just pass it), extreme allergic reactions to pork/beef, fabreeze and lord knows what else. I have to carry an EpiPen(R) (epinephrine) with me at all times and did I mention I was short. Obviously if I m able to do this diet/exercise program most of you can. With my program, I lost 70 lbs total, lowered...

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