

**A Scientist's quick guide  
to good health  
and long life  
through  
easy diet and exercise.**



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Physics teaches us that matter can be neither created nor destroyed. If it's on your body, it came in **through your mouth**. Accept responsibility. **Excess fat increases risks of most diseases.**

Most people behave as if their bodies are merely apartments **they are renting**, and don't think of the long term results of poor maintenance. Then they seek a handyman for emergency repairs that are costly and short of complete restoration.

Most information available on diet and health is delusion and lies, for someone to make a quick buck from lazy minded people. The truth is easy to find on the internet. It all boils down to **sensible diet and moderate exercise** to prevent or delay most scary diseases. **Most pills are NOT needed.**

**"Low carb" is "high dumb"**, but so are **"high beef"** and **"high pork"**. Four ounces (113.4 gms) of lean ground beef has enough animal protein for 24 hours. Sensible vegetarians are proof that animal flesh is not essential to health. Asian countries are proof that traditional **soy foods** in place of most meats are good for health.

The average USA consumption of **refined sugars** and artificial sweeteners is now about **25 times** the per capita consumption of the **early 1900's**, and the percentage of fat-folk continues to rise. Foods do not require sugar, high fructose syrup, NutraSweet, etc. Some foods are naturally sweet, such as fresh baby carrots and most fruits. Sugar can cause Attention Deficit Hyperactivity Disorder (ADHD).

**Salt is necessary** for health, but most of us consume enough to be **dangerous**.

A **candy bar** has as many calories as a stomach full of carrots, apples, peaches, melon, etc. **Good diet does NOT require hunger or calory counting.**

**Potatoes and pasta** are good foods, unless weighted down with butter, margarine, sour cream, cheese, oil, and so forth. One tablespoon of an unsaturated **butter substitute** has 100 calories. **1 US cup** = 16 US tablespoons, so **nearly** the recommended total of **2000 calories** in a day.

One of the highest calorie concentrations for many dieters is salad dressing. One cup of typical vinegar and oil dressing has about 1100 calories, from **fat**. A **cup** of **vegetable oil** has almost the full **2000 calories** recommended per day.

Until recently, the U.S.A. was "**the only country where even poor people are fat.**"

Even moderate exercise stimulates the body to tune itself. **Walking** a mere 10 miles per week, or 30 to 60 minutes on 5 days out of seven, controls flab and **builds resistance to heart disease, various cancers**, and so much more. For this, more is better.

**Charles Atlas** started as a poor undersized kid with no gym equipment. He converted himself from a "97 pound weakling" to "the world's most perfectly developed man" by pitting muscle against muscle, against gravity, against stationary objects.

**Army calisthenics** have physically conditioned millions of people without equipment being mandatory. Start a day with 15 push-ups, 10 pull-ups, some knee bends, some leg lifts, for exercise beyond walking. You can simulate weight lifting by standing on the middle of a jump rope and pulling up on the ends, or pull on both ends of a rope section. Add routines for more body building, as feels comfortable. Not only will you feel good, but your resistance to diseases will be increased.

Extra benefit: exercise can decrease hunger.

If you want to be healthy as a senior, practice sensible diet and exercise as a junior and middle, and beyond. Limit alcohol, avoid tobacco and other smokes.

It's your body. **Use it or lose it.**

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For specific recommendations, see:

<http://easyhealthdiet.com/articles/>

Articles and sample recipes

<http://easyhealthdiet.com/diet.htm>

"Easy Health Diet"

<http://easyhealthdiet.com/eeaa.htm>

"Easy Exercise All Ages"

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