



**HOW I LOST +50 POUNDS
[AFTER 70] AVOIDING A
WHEELCHAIR PRISON!**

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Table Of Contents

Introduction- The Thought of a Wheelchair Prison is Scary Stuff!	1
The 'Common Sense' Approach After 70?	2
<i>Is Exercise Like An Olympian Necessary?"</i>	3
"My Personal Weight Gain History!"	4
<i>"Hey, Bro, You Need to Start Taking Vitamins & Minerals!"</i>	5
"Then I Met Dr. Joel Wallach and the Principle of Youngevity!"	6
<i>What My VA PCP Doctor Said and "Is it Ever 'Too Late' To Start?"</i>	7
Dr. Wallach's "90-for-Life" Chart-Compare Yours!	8
Proper Nutrition is Up-To-YOU!!!	9
USN&WR-Super Foods That You Should Be Eating	10-14
Bibliography and Author Credits	15-16
FIVE YEARS LATER: ON THE HOMESTRETCH, GOAL IS IN SIGHT!	
The Audacity of Health-Dr. Joel Wallach	17

Table Of Contents

The Heartbeat of the YGYi (Youngevity) Company	18
THE 'AUDACITY' OF MONITORING YOUR OWN HEALTHCARE	18
DR. JOEL WALLACH: 40 YEARS OF CHANGING LIVES!	19
CUSTOMER THANK-YOU PAGE	19

Really-Scary-Right?

The thought of being confined to a wheel-chair, walker, or cane is **NOT** pleasant, I KNOW, for I was my Mother's Care-Giver for the last 6 years of her life, and once she had to accept the "**PRISON**" of her wheelchair, her health and...

"Her LebensZeist" [Zest for Life] declined-Dramatically!

Well, you don't have to follow the typical **Elderheit [Senioritis]** dictates which lead to a '**Wheelchair**' protocol, there is another alternative and here are two of Dr. Joel Wallach's [founder of **Youngevity and Proponent of the go Essential Nutrients**] Health Axioms for Healthy Living:

- You **Don't** have to exercise like a Greek Olympian to lose weight, and...
- There are **ninety nutrients** that need to be part of your protocol and that will determine your health. Another of his statements that I really like is; *people become ill because they are starving to death*-outside of traumatic accidents and hereditary diseases, good nutrition can circumvent a lot of our diseases.

How to Lose Weight 'AFTER 70 was written as a Final **"Common Sense Approach"** into Your 70s and Beyond **Teaching You How to Keep the Weight Off-For the Rest of Your Life** IS what the author has learned through personal experience and wants to share with

others through this eBook.!

NOTICE:

For some older adults, shedding pounds can reduce disease risk and improve quality of life; BUT IF YOU " IF YOU ARE "TAKING MULTIPLE MEDICATIONS, CHECK WITH YOUR PRIMARY CARE PHYSICIAN BEFORE BEGINNING ANY PROGRAM !"

*So, The Question posed by Dr. Joel Wallach is 'how can we improve the health of a sick nation so that each citizen has the chance to live longer' and why do certain animals, like crocodiles, contract some of the same diseases as humans, like **Diabetes**-other than eating a Baptist or Mormon Missionary suffering from Diabetes?'*

*At any age, successful, sustainable weight loss takes time. **"It needs to be a permanent change" to reap the benefits, it has to become a change in lifestyle and you must continue to eat and exercise the way you did when you first started your program; "It must become a life change," and you daily affirm "I will not go back to what I was doing before!"***

Learning How to Lose Weight has Finally become 'the Common Sense Approach' for Your 70's and Beyond; **Learning How to Keep the Weight Off-For the Rest of Your Life!**

NOTICE::

"For some older adults, shedding pounds can reduce disease risk and improve quality of life; BUT IF YOU " ARE TAKING MULTIPLE MEDICATIONS, CHECK WITH YOUR PRIMARY CARE PHYSICIAN BEFORE BEGINNING!"

*So what Dr. Wallach advocates and says **is needed to halt the attack of advancing effects of age is a Broad spectrum foundation of Nutrition** that includes powerful antioxidants to support anti-aging. YGYi [and Dr. Wallach] recommend their 'Anti-Aging Health Pack' in which Each pack provides broad spectrum foundation nutrition and includes BTT 2.0 Citrus Peach Fusion - 450g canister (1); EFA PLUS - 90 soft gels (1); Beyond Osteo-fx powder - 357g canister (1); and Cell Shield RTQ - 60 capsules.*

So where do you find a Broad spectrum foundation nutrition plus powerful antioxidants to support anti-aging? The YGYi 'Anti-Aging' pack provides broad spectrum foundation nutrition and includes:

- *BTT 2.0 Citrus Peach Fusion - 450g canister (1)*

- *EFA PLUS - 90 soft gels (1)*

- *Beyond Osteo-fx powder - 357g Canister (1)*

- *Cell Shield RTQ ; -60 capsules*

- For Additional information visit the author's affiliate site at <https://101449728.youngevity.com>