

Week 41 (2017)

Stayin' Alive

I was going to write this newsletter and call it, 'Live Long' as it is about living as long as you want (or better still, living as long as you plan to). I try to think of the title of the newsletter first and work from that title and so, 'Staying Alive', jumped into my head.

'Staying Alive' is the title of a song by the Bee Gees or rather, 'Stayin' Alive', to give its correct title. I googled this song and it was written by 'The Bee Gees', and as for the message of the song, Robin Gibb was quoted as saying, '**Stayin' Alive**' is about survival." I thought this was a perfect title.

The Bee Gees

The Bee Gees (The Gibb family, one girl and 4 younger brothers) were born on The Isle of Man (an island midway between the UK and Ireland), and the eldest Barry was born the same year as me in 1946. They moved to their father's home in the City of Manchester not far from me in 1955 and then to Australia in 1958 where Barry, Robin and Maurice properly started their career as a pop group.

Initially called the BG's they became the Bee Gees as their career took off. They made it really big once they moved back to the UK at the time of the Beatles rise. In the USA they hold the record of the 2nd highest consecutive number of number 1 singles. The Bee Gees became one of the most successful groups of all time but the sad ending is that the three younger brothers to Barry and his sister Leslie all died young.

Inspiration

This newsletter was initiated by people I personally know dying young and seeing friends fading away. Just because they are friends does not give me any power to help them to reverse their decline.

The power to change lies totally with the individual. If they wanted to reverse their decline they know what I do and I make sure they know of my successes helping my readers. I write these newsletters in many different ways to help readers find the inspiration needed to plan to stay alive and stay strong.

While I am sad to write about the death of the three younger Gibb brothers it can be a wake-up call that the plan to stay alive and strong has to be a real plan rather than a wish.

The Facts

It is now an established fact that the medical system is incapable of restoring the majority of people to health and while they claim to be instrumental in extending life expectancy, I disagree.

The life expectancy in 2015 published by W.H.O. showed:

- The USA has the most expensive and advanced private medical system in the world but is number 31 in the ranking of life expectancy
- The UK has the most advanced National Health Service in the world yet is number 20 in the ranking for life expectancy
- Australia, seen by many as a go-ahead, healthy, sports minded country, is still only 4th behind Japan, Switzerland and Singapore

Billions are spent by these wealthy nations and rather than improve life expectancy, the latest figures show that the increase in **life expectancy has reversed and people are dying sooner.**

This is Not New!

Since I started touring the USA, Canada and Europe over 25 years ago giving talks on natural health, I predicted two things:

1. People will start to die younger and younger from lifestyle causes, and;
2. The medical system by calling themselves health care professionals, when they are really disease managers, will lose the confidence of intelligent people

From now on life expectancy is likely to fall back steadily. It is impossible to eat a nutritionally deficient diet, while sitting down for long periods of time in excess of what is healthy and still live a long and healthy life.

Do You Plan To Be 'Stayin' Alive' By Living Stronger and Healthier?

I have a plan in all of my books for what ails you and you can download them [here: www.NaturallyHealthyNews.com](http://www.NaturallyHealthyNews.com)

My plan that I follow dally to stay alive and keep strong always includes:

1. Following a full daily exercise program, including walking and body weight exercises
2. Sitting down for less than 3 hours per day and standing, walking or even laying down if you need to rest
3. Taking the critical vitamins and minerals such as [Vitamin D3](#), [selenium](#), [magnesium](#) and [iodine](#) to help prevent lung diseases
4. Drinking at least 6 x 500ml of pure water with a pinch of bicarbonate soda in each glass
5. Eating a healthy diet, high in green vegetables, dark-skinned fruits, nuts, seeds, seaweeds and fats
6. Stop eating unhealthy foods such as grains, cereals, processed foods, sugary foods and drinks, processed junk meats, eggs and farmed fish that are all fed on GMO soya/cereals
7. Detoxing on a regular basis is essential as this helps to clear some of the toxins and chemicals that are permeating modern life



8. Including Rock Salt in your diet. Rock salt is created in ancient sea beds and has more minerals than modern salt offerings. You need at least 3 teaspoons per day and more in hot sweaty weather
9. Build determination to stick with the plan and stop listening to the failed Pharma medical system

Remember

Premature death from most diseases is mostly preventable but you have to have a plan and stick to it.

Of course, if you have a serious health problem then contact my Health Coaches for help and support at www.MyGoodHealthClub.com