

# **Exercise & Health**

## **EMPOWERMENT! Declare Health Independence**

### **Become Ultimately Healthy**

*By: Dr. Skip Hellen*

Exercise is the one of the most important pillars of optimal health. Not only does exercise increase all the biochemical actions to repair body tissues but it supercharges the bodies cleaning system and increases internal biochemical pH toward a healthy slightly alkaline state. Perfect being 7.365.

#### **Regular exercise (lymph system modulation)**

Exercise has wide ranging positive health benefits such as lowering cholesterol, strengthening bones and all connective tissues, reduce cancer risk, diabetes, stroke, obesity, and significantly reducing stress just to list a few. Scientific research has repeatedly shown that there are several mechanisms involved in strengthening the heart and circulatory system through proper exercise. Exercise helps the heart in the following ways.

- 1. Stimulates enzyme production and release** which help transport low density lipoproteins (LDL) from the blood to the liver where cholesterol is converted into bile for digestion or excretion/elimination.
- 2. Increases blood protein size** which carry cholesterol through the blood. Protein size and cholesterol are referred to as "lipoprotein". Excessive amounts of LDLs are linked to heart disease. The small, dense proteins are more dangerous because the smaller proteins can lodge into smaller places (linings of the heart and blood vessel walls) and set up shop (heart disease). Exercise increases the size of the blood proteins which lowers the chance of vascular wall fat (plaque) accumulation (arthrosclerosis, hardening of the arteries, or heart disease).
- 3. Lowers inflammation** by naturally lowering levels of a C-reactive protein (CRP) that is one of the primary culprits in the inflammation process.
- 4. Increases oxygen uptake, reducing blood carbonic acid, and toxicity while raising internal biochemical pH.**
- 5. Increases load on tissues encouraging tissue repair** – Exercise need not be strenuous, but to produce noticeable benefits, regular is good frequent is best. There are many different ways to exercise with equally as many opinions on what exercise is best for heart health. The most commonly accepted exercise for heart health is cardio exercise. The duration should be between 10-60 minutes 3-5 times a week. I have found that relatively intense 10-20 minute exercise sessions 3 times a week produce excellent results

for me. I typically stretching first, then I do some moderate warm up exercises (pushups & squat thrusts), then I run for 10-20 minutes. This training routine includes moderate impact upper and lower body exercises which aggressively modulates my lymphatic system which detoxifies me and helps move internal biochemistry back into a slightly alkaline 7.0+ pH state.

The most common formula (no standard deviation) is below:

**220 – age = Maximum Heart Rate**

220 – 61 = 159 MHR

20-60 minutes, 3-5 times weekly

When it is inconvenient to get in a full training routine, I like to jump rope or do some jumping jacks. Any kind of jumping or rebounding exercise is the best lymph system modulator. Short 2-5 minute rope jumping or rebounding modulates the lymph system enough to help clean the body of biological waste and toxins.

### **Caution**

Rebounding and running are moderate impact exercises. For this reason one must be vigilant to not sustain injuries. Injuries can be very counterproductive to any training, fitness, or health program. Use common sense, don't over-train to avoid this problem.

### **OPTIMAL HEALTH ACTION STEPS;**

1. **(Develop)** a strong sense of self respect and discipline
2. **(Test)** Complete the health assessment test (health baseline)
3. **(Decide)** Set a goal to achieve personal health excellence (optimal health)
4. **(Education)** Learn how to achieve ultimate health
5. **(Health Compass)** Buy a pH litmus test kit, start testing frequently – record results
6. **(Manage/Adjust)** Change behavior habits for best results
7. **(Commitment)** Stay the course until achieving personal health excellence
8. **(Mentoring)** Help another achieve personal health excellence

**YOU provide the Courage, Dedication, Commitment and Action  
UHRI will provide the EDUCATION/KNOWLEDGE and DIRECTION**

To get health help and learn more about **“Mastering the Secrets of Ultimate Health”** and achieving personal optimal health goals, log onto the web site below.

**Litmus test kits are on sale for \$10**

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Live long, happy, ultimately health and wise

*Dr. Skip Hellen*