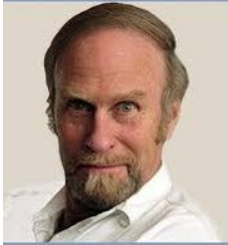


# Make America Healthy Again: Choose, Long Healthy Life or Slow Death



By Frosty Wooldridge

February 3, 2025

## **Part 2: Your healthy choices early, rather than desperate choices later, when it's too late**

Indeed, Part 1 proved quite a “waker-upper” for a lot of readers. You flooded my inbox. That column wasn’t supposed to make you feel good if eat you poorly, fail to exercise and lack enthusiasm for life. Let’s make one point very clear: you decide to give yourself a “great” life of health and wellness as early as your teens. Once you form healthy habits, you enjoy a lifetime of wellness, enthusiastic, and energetic living.

What I’ve discovered during my time on this planet: most Americans don’t worry or care about their health until they lose it. The majority of Americans fail to exercise regularly. What does that mean? It means you need to spend 60 minutes of aerobic exercise five to six days a week. That means swimming a half mile daily, bicycling for 20 miles, playing tennis for an hour, walking for an hour, and/or Zumba dance classes for an hour. You may enjoy dozens of hard, medium and easy exercise programs. Find an activity that you enjoy. The key: you want to use all your muscles to accelerate blood flow to all your organs, especially your brain.

As for my exercise program, I swim a half mile for 30 minutes, six days a week. After 15 minutes in the hot tub where I pray, meditate and stretch my muscles, I hit the shower. From there, I lift weights for 45 minutes, and then, the rowing machine. Also, I “run” a mile on the elliptical machine to save my knees from the pounding of running. About 1.5 hours later, I walk out of the gym refreshed, invigorated and ready to live life.

Of course, you will hear people say, “I don’t have that much time to exercise.” To that I say, “The average American male watches 4.5 hours of TV daily, and the average American female watches 3.5 hours of television daily. What do they receive in return? Most of them could not tell you one piece of information at the end of the week that they received from such programs as “Wheel of Fortune; Love After Lockup; NCIS” ; and dozens of other insidiously moronic programs that do nothing for their lives other than waste time.

What are the consequences of not exercising? This example pains me: there’s really fat guy about 55 in my gym who could be described as obese. He comes to the gym daily. He pushes a few weights, walks for 15 minutes on the treadmill, but mostly talks to other gym rats. After his shower, he sits on the bench. He must place his underwear on the floor, then put his feet into the holes, then pulls up his underwear, and then struggles to stand up until he gets his shorts up to his waist. Same for his trousers. It’s painful to watch. Ironically, he refuses to get help to lose 60 odd pounds of fat packed onto his body.

Worse than that, he’s speeding toward a heart attack, diabetes or a stroke. What is amazing to me stems from the fact that millions of American men know their obesity will kill them or cripple them, yet they keep eating the same way that got them so fat.

Now, if you’ve been exercising all your life, it’s no big deal

to hit the gym daily to breeze through your workout. It's almost comical about the men and women who make a New Year's resolution to exercise, but drop out after the first month.

It takes courage, dedication and fortitude to workout five and six days a week to maintain your physical health.

Therefore, how to you make a habit when you never learned to make that habit before?

You can join a yoga class, Zumba dance class, Pilates class, senior exercise class, beginning racquetball class, stationary cycling class, and/or swim classes. At some point, you will find an exercise regimen that fits your mind, emotions and spirit. It'll be fun.

You may hire a Personal Trainer. I am an ACE certified personal trainer. I work toward what delights my clients. I do the exercises with them. If they want to swim, I swim with them at their speed. If they want to cycle, I cycle with them. If it's lifting weights, I lift with them. I jump on the rowing machine to make it a mutual workout. Rowing is incredible. You work around 170 muscles while pushing your lungs and heart to their optimal functioning.

So, you too, can secure a workout partner. You'll find you're both busting your butts much better when you work together. You'll find that you breeze through your workout. Your body, mind and spirit will love what you're doing for your life.

Join a "Meetup" in your area of hikers, cyclists, skiers, swimmers, tennis players, mall walkers, and much more. You'll find yourself in the middle of people turned on toward life.

If you're in a rural area, you're probably working outdoors in your garden with your hands in the dirt. It's called "Earthing or Grounding" that balances your electrical vibrations with the Earth's electrical vibrations. It's healthy to stay in touch with this planet's rhythms. There's a book out there by

Clint Ober, Earthing: The Most Important Health Discovery Ever! You can buy Earthing foot pads or sheets to “Earth” all night long.

If you notice, all animals touch the Earth 24/7 because they don't wear shoes. They maintain a healthy contact with the planet's energy. We humans are animals, too, but we wear shoes that isolate us from the Earth's electrical field. You'll find tremendous health benefits when you get into Earthing daily.

Okay, a lot of your emails asked me about that point I made as to average Americans only eating 15 to 20 grams of fiber daily. That's why we face millions of cases of hemorrhoids, diverticulitis, leaky gut, and colorectal cancers. How many grams should you eat? Women should consume 30 to 35 grams daily. Men should eat 35 to 40 grams. How do you know when you consume 35 grams daily? You will enjoy comfortable and easy bowel movements of 10 to 15 seconds--and you're up and ready for the day.

How do you obtain those 35 plus grams? Lots of fruits and vegetables, especiall pears and prunes! Also, an easy way is to drink prune juice. Drink one or two or three glasses at breakfast to lead the way for food moving through your colon. When you discover the right amount of fruits and vegetables and/or glasses of prune juice, you will enjoy those 15 second bowel movements once or twice a day. You can also consume psyllium fiber, or Super Seed, or Vital Fiber online or at your health food store. There's no reason to suffer constipation or hemorrhoids with simple solutions. And, you don't need to buy all those fancy laxatives. They are filled with chemicals. Keep it simple and basic.

Can Robert F. Kennedy help you if he becomes HHS secretary? In the end, he might be able to stop Monsanto from poisoning our food supply. He might put into play food standards that make the fast food joints stop feeding all that junk food filled with chemicals. But, it's YOU who have to choose healthy

exercise and eating.

In Part 3: We're going to cover "how and what" to eat. How to detox your body from heavy metals and chemicals. How to make sure you avoid all the "crap" food, sugars, dyes, poisons, deadly synthetic sugars, best stores for your health, and how you can force your schools into healthy breakfast and lunch programs. Your dollars will drive this new "Make American Healthy Again" crusade.

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