

HEALTH MAINTENANCE SHEET

What follows is a list of activities, which everyone in good health should do. It simply a list. The “why’s” and “wherefore’s” have been explained at your health check-up visits or are available upon asking. These activities apply to all healthy persons, almost without exception, regardless of other medicines or activities.

1. One child’s aspirin each day (81 mg tablet). (If not allergic)
2. One multiple vitamin per day, (containing folic acid 400 ug or 0.4 to 1 mg)
3. Calcium with vitamin D tablets, 500 mg per tablet, (women),one tab twice daily.
4. Consider hormone replacement therapy for post-menopausal women (with hot flashes only for 4-5 years)
5. Vitamin E 200 iu once a day (antioxidant)-to retard Alzheimer’s
6. Vitamin C 500 mg once a day (antioxidant)-to retard Alzheimer’s
7. Vinegar tablets 600 mg twice a day (arthritis)
8. Any aerobic or nonstop exercise activity, three sessions per week, starting at 10 minutes per session and working up to 30 minutes per session over 6 months. (fast walk, jog, jump rope, bike stationary or moving, treadmill, swim)
9. Regarding food: minimize eggs, any fried food unless fried in vegetable oil and all animal fats such as hamburger, sausage and bacon.(due to cholesterol)
10. Total calorie intake per day should be ideal body weight in pounds multiplied by ten, plus 300, unless you are extraordinary active.
11. Most important: no cigarettes
12. Use of seatbelts in the auto; smoke detectors the house; remove all handguns from house.
13. A yearly visit with a doctor or nurse practitioner for blood pressure check, weight check, symptom review, with further testing to be determined at the visit based on age, gender, time since last visit and general health status. Dental check –up is also recommended yearly.
14. Glasses users, yearly eye examination recommended.
15. For men: One a day Men’s Health Formula- Lycopene & Selenium (for prostatic health).

Thank you very much for reading and following these guidelines. Your long-term health will be better because of your efforts. Please direct questions to your doctor or nurse practitioner.

Stay healthy and good luck always sincerely,

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