

SO WHY ARE EXERCISES AND GOOD NUTRITION SO IMPORTANT.

But First What are the Most Important Benefits of Regular Physical Activity?

Exercise can help to improve your brain health and to control your weight. Exercise combats Anxiety, Cancer, Diabetes, all Chronic health conditions, including Dementia and other diseases. Exercise will Strengthen your Bones and Muscles and Improves your mood. Exercise will Boosts your Energy Level and Promotes Better Sleep.

MOST IMPORTANTLY, Exercises helps to Carry Nutrients that your System extracted from your Food and to carry those Nutrients to your Brain and to all the Organs and Cells of your Body.

Know for a fact that the farmers over cultivate their lands and the result of that is that the soil gets poorer and poorer in Nutrients. So there is less and less Nutrients in cultivated food then there use to be. They should rotate the use of their fields. Also as you get older your body's ability to absorb nutrients is Diminished Gradually. So if you don't eat very Nutrients Rich Food and that you don't do any Exercises, you are asking to be sick and to get old faster.

AND HOW DOES EXERCISES HELP TO TRANSPORT NUTRIENTS?

Well Exercise is like the **TRANSPORTER** of Vitamins and Minerals via your Blood Cells, and with the help of Respiration and heartbeat. When you exercise you breath in more OXYGEN

and your heart pumps more BLOOD to your Brain and to all your organs. EXERCISE then helps to **OXYGENATE YOUR BLOOD CELLS** and It is **ONLY WITH OXYGENATED BLOOD CELLS** that **NUTRIENTS** can be transported **EFFECTIVELY** throughout all the Organs and all the Cells of your body and to your brain.

If you NEVER Exercise and that you just Breath normally, only a very minimum of nutrients get to your cells and to your brain. That minimum is not enough to stay young and healthy. Exercise can also put the spark back into your sex life. Exercises will help to stop FREE RADICALS to damage your cells. All the cells of your body replicate themselves continuously and when you let Free Radicals into your cells they are also copied with your cells so your cells get degraded each time and THAT will makes you get older faster. This is the AGING PROCESS AT WORK. Well the only way to SLOW DOWN that Aging Process is to EXERCISE and to eat Nutrient Rich Foods that are full of Antioxydants. Free Radicals are like the Carbon buildup in an engine and it generally occurs as a result of the incomplete combustion of a fuel, and as this carbon buildup develops, corrosion and wear severity within the engine grows.

Well Free Radicals in simple terms, are produced by your body Normal Metabolic Process of digesting protein in your food and also Free radicals and other ROS are derived from external sources such as Air & water pollution, Ultraviolet light, Alcohol, Cooking (smoked meat, used oil, fat), Drugs such as Halothene, Paracetamol, Bleomycine, Doxorubicin, Metrenidazole, Ethanol. CCl₄, Tobacco smoke, Transition metals- Cd, Hg, Pb, As Heavy

metals- Fe, Cu, Co, Cr, Industrial solvents, Pesticides, High temperature.

Once Free Radicals are in your cells you just CAN'T remove them from your cells, once they are in they stay in FOREVER. But you can stop them from going into your cells by Exercises, Breathing and good Nutrition to get more Antioxidant in your system to help eliminate all Free Radicals. It is never too late to do the right thing to stay young and healthy. A good start would be to STOP Smoking and Stop Drinking. Alcohol is the worst thing for you after smoking.

Find out more about Free Radicals at this link.....

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4310837/>

Everyday I eat One APPLE, 2 handful of Blueberries, 2 handful of Strawberries, 2 cups of Honeydew, or Papaya, or Cantaloupes or water Melon or all of them mix together in Smoothies. Also 1/2 cup of Pumpkin seeds, 1/2 cup of Sunflower seeds and a cup of Peanuts. Those are what I eat instead of Chips. I have Chips only once a year during the Holidays. Sometime I eat ground Beef but I mix it with Carrots. I pass the carrots in my Juicer and then I mix the juice back with the pulp and I put that in my ground Beef mix. I also eat some Beef Liver it is a good source of Iron. Iron will gives you more Energy. My diet is diversified but I NEVER EAT cold cuts, too much salt in those and they are low in nutrients and NEVER eat any Smoked Meat, those are full of Free Radicals. NEVER EAT anything panned with flower and dipped & fried in vegetable oils, that is a killer. NEVER eat RIBS either those are coffin nails.

My diet is very simple, I eat 5 to 6 smaller meals a day and rarely any Red Meat, I am more on vegetables, grains and beans, chicken & Lamb. Be smart in your Diet, don't do any severe diet change that you won't be able to keep. Exercises and Good Nutrition habits are a life long Commitment, not a Sporadic or Temporary habit. So get into that very slowly as you will learn more about Nutrition.

Sure I have pizzas but only twice a Year, and sometime I eat a Rib or a T-bone steak but only once every 3 months. I eat Salmon or Sardines twice a week to provide me with Omega-3 oils, this is very important. **See the links at the end to find more Omega-3 foods.**

To add more Nutrients to my Diet I buy BROCCOLI, KALE and SPINACH in POWDER from Amazon and I mix them all together and I spray some of that Mix on my Salads and in my Soups. You don't need much, being in Powder it is very Concentrated. Those are SUPER-FOOD full of Nutrients, Vitamins and Minerals.

How Concentrated it is in Powder, well once I bought 18 bunch of Spinach and after I dehydrated them I was left over with only 120 grams of Powder.

BROCCOLI	KALE	SPINACH
100 micrograms vitamin K (276 percent DV)	Vitamin K: 547 mcg (684% DV*)	145 micrograms vitamin K (181 percent DV)
101 milligrams vitamin C (168 percent DV)	Vitamin A: 10,302 IU (206% DV*)	2,813 international units vitamin A (56 percent DV)
120 milligrams vitamin A (48 percent DV)	Vitamin C: 80.4 milligrams (134% DV*)	58.2 micrograms folate (15 percent DV)
168 micrograms folate (42 percent DV)	Manganese: 0.5 milligram (26% DV*)	8.4 milligrams vitamin C (14 percent DV)
0.4 milligrams vitamin B6 (16 percent)	Copper: 0.2 milligram (10% DV*)	0.3 milligram manganese (13 percent DV)
0.4 milligrams manganese (16 percent)	Vitamin B6: 0.2 milligram (9% DV*)	23.7 milligrams magnesium (6 percent DV)
457 milligrams potassium (14 percent DV)	Calcium: 90.5 milligrams (9% DV*)	0.8 milligram iron (5 percent DV)
105 milligrams phosphorus (10 percent DV)	Potassium: 299 milligrams (9% DV*)	vitamin E.
33 milligrams magnesium (8 percent DV)	Iron: 1.1 milligrams (6% DV*)	vitamin B6
62 milligrams calcium (6 percent DV)	Magnesium: 22.8 milligrams (6% DV*)	calcium,
	Thiamine: 0.1 milligram (5% DV*)	riboflavin
	Riboflavin: 0.1 milligram (5% DV*)	
	Folate: 19.4 micrograms (5% DV*)	

I also eat lots of FOODS that are full of ANTIOXIDANTS to help to fight Free Radicals from invading my cells. Those Foods are Cancer Fighting Powerhouse. **Any food with lots of Antioxidants will help to prevent and to fight Cancers and all Chronic Diseases.**

So I recommend that you read all those articles about **NUTRIENTS RICH FOOD** on Dr. Axe Website and find the list at the end of this PDF where I give you the food with the most Antioxidant content. Dr. Axe website is FREE and full of great Articles on Nutrition. I highly recommend it because this website is maintained and updated by over 40 Doctors and Nutritionist. Believe me, they know what they are talking about. When I read that they put on there I realize that it was all what I had previously learned and that I know that is true. So they are no bull they are for real.

<https://draxe.com/?s=NUTRIENTS+RICH+FOODS>

So if you eat crappy food with less Nutrients and that you don't Exercises you will be open to all kind of Chronic diseases and you will get Older Much Faster. Is that what you want?

Exercise can be fun and social. You don't have to do it by Yourself, you will find more motivations doing it with others.

If you don't do any exercises, well all those Vitamins and Minerals supplements that you Take **DON'T GO ANYWHERE**, they are barely absorbed in your body because no sufficient oxygen is present in your blood cells to transport them. They **ONLY WAY** to Oxygenate your Blood Cells is trough good Breathing practice while you EXERCISE.

I do 20 minutes of Aerobic dance about 2 to 3 times a week, and I do 1 hour of Resistance Training also 2 to 3 times a week, and I do some Yoga and Stretching now and then. Sometime I do 7 to 14 minutes on my Elliptical Machine. And 2 days a week I don't do any exercises and it is never the same day, sometime consecutive and sometime separated by 3 to 4 days, I go with the way that I feel and I change my routine constantly and accordingly to my other occupations as well.

THIS IS A VERY HEALTHY ROUTINE and it keeps me Young and Healthy. Good Breathing practice is the most important factor in any exercises. Inhale by the Nose at about 70% of your Lung Capacity and Exhale by the Mouth. Do this during all the exercises that you do. Some people do lots of exercises but they don't breath correctly or not at all. They only get more endurance from their exercises but they don't oxygenate their blood cells and their

nutrients are not well transported. YOU MUST ALWAYS BREATHE DURING ALL THE EXERCISES THAT YOU DO. DON'T FORGET THAT.

By now I am sure that you all know that Regular Exercises and Good Nutrition are the only way to stay young and healthy. So change your bad life habits and get healthy and then ENJOY LIFE AS IT WAS MEANT TO BE.

Consult your Doctor before Starting any Strenuous Physical Activity. Start slowly and work your way up as you will get better and better at it. I am 76 years old and I am never out of breath after 20 minutes of Aerobic Dancing, it is because I have been doing it for so long that I Never get tired and out of breath when I exercise. I can not be held responsible if you get a Heart Attack or fall ill if you Exercise or change your Eating Habits. Do it Gradually and Responsibly according to your own Capacity and decision to do it. I don't know everybody's health condition, so only your Doctor can suggest any form of exercises that will be good for you.

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HERE IS SOME IMPORTANT LINKS FOR YOU.

TOP 15 IRON RICH FOOD

<https://draxe.com/nutrition/iron-rich-foods/>

19 High-Protein Foods for Weight Loss, Satiety and Muscle Gain

<https://draxe.com/nutrition/high-protein-foods/>

Higher Antioxidant Levels Linked to Lower Dementia Risk

<https://draxe.com/health/higher-antioxidant-levels-linked-to-lower-dementia-risk/>

25 High-Fiber Foods for Digestive & Heart Health

<https://draxe.com/nutrition/high-fiber-foods/>

Best Anti-Inflammatory Foods and How to Follow This Diet

https://draxe.com/nutrition/anti-inflammatory-foods/#Top_15_Anti-Inflammatory_Foods

16 OMEGA-3 FOODS YOUR BODY NEEDS NOW

<https://draxe.com/nutrition/omega-3-foods/>

Homemade Antifungal Powder for Stinky Feet and Toenail Fungus

<https://draxe.com/beauty/antifungal-powder/>

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High-Antioxidant Foods

Goji berries: 4,310 ORAC score

Wild blueberries: 9,621 ORAC score

Dark chocolate: 20,816 ORAC score

Pecans: 17,940 ORAC score

Artichokes (boiled): 9,416 ORAC score

Elderberry: 14,697 ORAC score

Kidney beans: 8,606 ORAC score

Cranberries: 9,090 ORAC score

Blackberries: 5,905 ORAC score

Cilantro: 5,141 ORAC score

The ORAC scores above are based on weight. This means that it might not be practical to eat high amounts of all of these antioxidant foods.

Other high-antioxidant foods not listed above, which are still great sources and highly beneficial, include common foods like:

tomatoes

carrots

pumpkin seeds

sweet potatoes

pomegranates

strawberries

kale

broccoli

grapes or red wine

squash

wild-caught salmon

Try to consume at least three to four servings daily of these antioxidant-rich foods (even more is better) for optimal health.

High-Antioxidant Herbs

Along with antioxidant foods, certain herbs, spices and essential oils derived from nutrient-dense plants are extremely high in healing antioxidant compounds. Here is another list of the herbs you can try adding to your diet for increased protection against disease.

Many of these herbs/spices are also available in concentrated essential oil form. Look for 100 percent pure (therapeutic grade) oils, which are highest in antioxidants:

Clove: 314,446 ORAC score

Cinnamon: 267,537 ORAC score

Oregano: 159,277 ORAC score

Turmeric: 102,700 ORAC score

Cocoa: 80,933 ORAC score

Cumin: 76,800 ORAC score

Parsley (dried): 74,349 ORAC score

Basil: 67,553 ORAC score

Ginger: 28,811 ORAC score

Thyme: 27,426 ORAC score

Other antioxidant-rich herbs include garlic, cayenne pepper and green tea. Aim to consume two to three servings of these herbs or herbal teas daily.

High-Antioxidant Supplements

GLUTATHIONE

QUERCETIN

LUTEIN

VITAMIN-C

RESVERATROL

ASTAXANTHIN

SELENIUM

CHLOROPHYLL

I am not saying that you should take all those supplements, this is informative only, you should always try to get all Nutrients from Food instead of pills.

PRE WORKOUT NUTRITION:

Here is some of the Best Food that you should eat 2 to 3 hours before your workouts. You have to give time to your system to digest your food before you start working out.

BEETS, CORDYCEPS (Mushrooms), COCONUT OIL, BERRIES, COCONUT-WATER, HIGH QUALITY PROTEIN LIKE (Chicken, Turkey, Fish), CHIA SEEDS, SPINACH, APPLES with KEFIR or YOGURT, PEANUT BUTTER & WHOLE WHEAT BREAD.

POST WORKOUT NUTRITION

Eating foods containing Carbs and Protein may help support your muscles after exercise. Experts recommend eating shortly after your workout for the most benefit.

CARBS: • sweet potatoes • chocolate milk • quinoa and other grains • fruits • rice cakes • rice • oatmeal • potatoes • whole grain bread • edamame

PROTEINS: • protein powder • eggs • Greek yogurt • cottage cheese • salmon • chicken • protein bar • tuna

FATS: • avocado • nuts • nut butter • seeds • trail mix.

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Know that I have been doing many different types of Exercises throughout my Life and I have been Studying Nutrition for the last 30 years way long before Dr. Axe decided to make his website about Nutrition. And I am happy that he did, because now I can refer people to the right articles

about Nutrition. I am a kind of Autodidact person that means that I am self-taught and now I became Didactical and that means that I am INSTRUCTIVE and so I teach to others what I have learned.

If you have ANY QUESTIONS on EXERCISES or NUTRITION don't hesitate to CONTACT ME on my website's e-mail at...

gbphotodidactical.ca@gmail.com

I wish you All Good Exercises & Good Health and this means a Long and Healthy Life.

From Ghislain Bonneau @ <https://gbphotodidactical.ca>

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MEDICAL DISCLAIMER

First thing, Check with your Family Doctor to see if you need to take any Vitamins or Minerals Supplements. You should know that the Human Body will reject the surplus of Vitamins you might intake, but will accumulate any Minerals because minerals take more time to be absorbed by the Body. Too much Minerals can do more harm than good to your overall body health. I can't be held responsible for your own actions and decisions on this matter. You must act accordingly to your own specific needs and only with your Doctor's approval.

This paper is of informal nature only and does not pretend to be complete in its content. A very diversified diet has always worked very well for me and 5 to 6 Daily Meals of smaller proportions combined with Exercise and Stretching is the Key to stay Young and Healthy for a very, very long Time. Your new Diet and exercises habit will reinforce your immune system and keep you away from, Stress, Deceases, Cancers and your Family Doctor. This content is not intended to provide medical advice or to take the place of such advice or treatment from a personal physician. All readers of this content are advised to consult their doctors or qualified health professionals regarding specific health questions. gbphotodidactical.ca do not takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition, supplement or lifestyle program.

Compiled and written by Ghislain Bonneau @ <https://gbphotodidactical.ca>

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