

Please don't be SHY to **Write to your Premier DAVID EBY** at his e-mail below to let him know about your thoughts about all of those subjects that touch all of us, specially the Double Taxing of Your PENSIONS.

REVISED the 31 of August 2024, I have added the Importance of Exercises & Good Nutrition.

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HOW TO FIX ALL YOUR PROBLEMS - VERY IMPORTANT FOR YOU.

From: Ghislain Bonneau

21 of August 2024

To: Premier DAVID EBY, at.... premier@gov.bc.ca

& to Victoria **Mayor and Council** at... mayorandcouncil@victoria.ca 21 August 2024

& to **J. TRUDEAU** at... <https://www.pm.gc.ca/en/connect/contact> 26 August 2024

& to **B.C. HYDRO** on their website platform on the 19th of August 2024

Subjects,.....

- **HOW TO STOP FOREST FIRES CAUSED BY LIGHTNING.**
- **HEALTH CARE SYSTEM FIX.**
- **TRANSPORTATION TYPE & COST.**
- **THINK TANK DEPARTMENT (TTD)**
- **DRUG ADDICTION, GANGS, & STREET PEOPLE.**
- **UN HOUSED PEOPLE - STREET PEOPLE.**
- **NO MORE TAX ON SENIORS PENSIONS.**
- **FREE EDUCATION.**

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Hello Sir,.....

My name is Ghislain Bonneau,

I am so sick and tired to see people loose their home to Forest fires caused by Lightning that I had to come up with a solution to help in that regard. Since I am in the mood to give my ideas I might as well let you know about other Ideas of mine.

HOW TO STOP FOREST FIRES CAUSED BY LIGHTNING

Collecting power from water trough Dams was not a bad Idea, but it is very costly to build and to maintain, and so are Wind Turbines, they looks awful and are very bad for birds, power from waves action, this would still be very costly to build and to maintain, and solar power takes lots of space too and it is also very costly to build but not so much to maintain.

All those forms of collecting power are NOT Maintenance Free and cost lots of money to build and to maintain.

WELL.....Here is MY BIG IDEA !!!!!

How about placing LIGHTNING ROD TOWERS that would be much higher then the tree tops around it and place them on the highest points of course and place them in a square grid pattern at every 7 to 10 square km in all directions, the higher the towers are and the further away they can be from one another and collect the power from all the LIGHTNING, this would also prevent fire caused by lightning since that Lightning would be directed to the LIGHTNING RODS and not to the trees, so NO MORE fires started by Lightning. Barely any is my guess.

Later on you can create the technology to collect power from Lightning and there you go. All those Lightning Rods would be interconnected by (UNDERGROUND CABLES) and the energy directed to ONE or TWO COLLECTING STATIONS and those collecting stations connected in turn to as many distribution stations as needed or to the actual existing grid.

Didn't you guys thought of that before????

But you don't have to wait either to have the technology to start to build those LIGHTNING ROD TOWERS, you could install them RIGHT NOW and this would help to prevent Forest Fires started by LIGHTNING and later on when you will have the technology to harness the power of LIGHTNING then you can interconnect them to a COLLECTING STATION.

I would start to install them in the most prone region for Lightning strikes in the B.C. interior and work my way out.

USE MY IDEA NOW, it will save you lots of money and time and manpower and also save lives in the future as no more need to fight all the Forest Fires started by lightning.

The best way to fight the FOREST FIRE is TO PREVENT THEM with the LIGHTNING ROD TOWERS as I suggest here and this will do just that. Control Burns and clearing the bush is NOT effective.

Do this as soon as possible and you will soon see a great reduction of Forest Fires started by Lightning as you will install more and more of them. Did you know that a Lightning bolt can travel 10 miles horizontally to have a good connection with the ground?

Lightnings Bolt Seek and Search a good connection with the ground and they will find it with the Lightning Rods and with enough of the lightning Rods Installed Lightning Bolt won't hit the trees anymore, so be aware not to install them if there is any Lightning Storms 12 to 15 miles around to where you are.

When you will build those LIGHTNING ROD TOWERS make sure you make them long term and durable and without any maintenance required. No paint required, no rust, and indestructible by fire or course.

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HEALTH CARE SYSTEM FIX SHOULD STARTS WITH....
THE EDUCATION OF EXERCISES AND GOOD NUTRITION IN
THE SCHOOLS.

I saw a documentary a while back that they did in China and they showed young children in school doing exercises (Jumping Jacks) BEFORE the class and after the Exercises they did breathing control exercises and then relaxation, then and only then they moved on with their class and they do that everyday before each class.

This gives the young people the understanding and importance of exercises and the good habit to do it on their own for the rest of their lives. The exercises becomes part of their lives.

Their exercises and respiration help to oxygenated their blood cells that feeds their organs and their brains and then they are more apt to learn because their attention level just went up 100%.

This should be done here as well from the very first class at elementary one.

If you want to lower the cost of HEALTH CARE start from the source of the problem, teach children's all about Exercises and it's benefice and teach them also all about NUTRITION from the 6th grade and up. They will cary this information and good Eating habits with them for the rest of their lives.

By the time they go to university they are in shape and all very healthy because it is now part of their lives and this is what they are. They will in the future live a long and very healthy life because they know the importance of Exercises and Good Nutrition. So less sick people means the Health care system will be able to handle the work load and it will save Human Resources and time and money to the Government.

Diabetes will be down, all form of cancers as well, and not to mention old age illness like Alzheimer's disease and Parkinson's disease even SPS Stiff Person Syndrome and many other Neurological illness.

Know that I NEVER SAW a FAT China men or Women and child, they are all healthy and they know all about good nutrition & the importance of exercises, they don't eat excessive amount of red meat and they are heavy on vegetables, seeds and beans. Do you see much Chinese people in Hospitals with Diabetes, cancer and all kind of Chronic sickness???? NO, so this tells you the truth about what I am talking about.

GOOD NUTRITION must be part of Education as much as Exercises. And if you implement this NOW, In that future you will see much less sick people and no more strains on the Health Care System. Here is a MIND BLOWER for You, I know for a Fact that CANCER of all kinds are NOT A DISEASE, **CANCER is a CONDITION that result in not Exercising and eating Unhealthy crappy food.** Trying to find a cure for Cancer is money blown away and a waist of time, there will NEVER BE a definitive cure for Cancer, instead put all your energy on Education of Exercises and Good Nutrition and THAT will Gradually Eliminate CANCERS of all kind. **THIS IS THE TRUE CURE FOR CANCERS.** But this is only my Opinion, what do I know? right? I only did exercises all my life and only studied Nutrition for the last 30 years.

You might say what about the genetics of cancer, kids get cancer too, ya, well they are passed down to the next generation because of bad eating habits and lack of exercises of their parents and it becomes part of their genes. There was less cancer when people worked hard outside, so more active people don't get sick as often as sedentary people do.

Right now you just can't keep up with the demand of Hospitals, nurses and staff to cure all those sick people. They did not have the right Education about Exercises and Nutrition and this is the result of Ignorance and where we are today.

Educate the Kids all about Exercises & Nutrition and you will rack up all the benefices in the future generations with much less sick people. Right now you just can't keep up with the demand, well, kill the ROOT CAUSE of that Problem and you will get the upper hand on this.

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TRANSPORTATION TYPE & COST

What you want is the Cheapest and most Effective way to transport people from one point to the other. From what I see right now SKY TRAINS are very expensive to build because it demands lots of infrastructure, so WHY built it up in the air????? really!!!!!!!! are you Kidding me ?????

Oh I know, it's because you did not foresee the demand of transportation in the future. You did not leave corridors and space for that purpose. Well when you built a city you MUST think ahead of your time and leave space to put those transport system in place in the future.

You did not do that and now you think that your only option is to build it elevated,....WOW! I am not impressed.

Put it on the ground, make the space for it if you have to and forget about SKY TRAINS it is not logical to do it that way, and a METRO System would even cost less then a NOISY & UGLY SKY TRAIN and a METRO SYSTEM is still a heavy infrastructure that will cost lots of money and maintenance.

The solution is to MAKE a CORRIDOR on the ground, Yes you will have to move some property around and Maybe have to demolish or move some houses but it will still be cheaper then to build a bloody Sky Train, on the ground there is much less infrastructure to deal with and you can make a noise barrier wall on each side of it. This OPTION is much less expensive and makes much more senses then your SKY TRAIN. Sky Train are NOT THE FUTURE. You can also start by making better forecast of transportation in the future and build the layout of your city accordingly and leave space and

corridors for that purpose even if it is not needed for the next 20 years, one day you will be happy you did that.

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THINK TANK DEPARTMENT (TTD)

You must find all the genius out there by making an I.Q. test so difficult that it will prune out all the brains you will need to find all the solution to all your problem. And make it IMPOSSIBLE TO CHEAT. But you better hurry, the bloody Smart Phones are lowering your Kids I.Q.'s and making them STUPID and Isolated and Antisocial as well as bringing up their Intolerance level and so it makes them very Cranky. Smart Phone is a very bad Addiction, be aware of that fact.

Lots of people don't believe that Smart Phone makes kids and people STUPID and they ask me about it, well to explain that so that you will understand first I will have to tell you HOW TO RAISE YOUR I.Q.

1 - The First and most efficient way to raise your I.Q. is to learn how to play the Piano. I DID THAT and I even started to compose music back in 1970. I learned how to play guitar and base guitar and played base guitar in a Rock Band on weekends for 3 years from 1971.

2 - The Second most efficient way to raise your I.Q. is to Learn a New Language, (ANY LANGUAGE) I DID THAT TOO I learned English in the Army back in 1965 and I am now on my third Language. There is not limit on how many you could learn.

3 - The third very good way to raise your I.Q. is to develop all your SENSES and your AWARENESS of what is happening all around you all the time. I WORKED ON THAT ALL MY LIFE AND I AM STILL WORKING ON IT. There is no limit to that one you can become very sensitive and attentive to everything around you.

4 - Other good ways to raise your I.Q. is to ALWAYS KEEP LEARNING Something New all the time and to always Challenge your Brain. To do that I Learned how Paint with Oil and how to raise BEES, I made the best Honey ever and then I learned how to work a Print Shop business, and then I Learned how to make a Website and then I did CROP CIRCLE DRAWINGS. It is not the drawings that hiked my I.Q. it is the fact to Search for the base drawings they used to make them and then to draw them Exactly as they did it with the base geometric forms they used to draw them. Those can be very complex puzzles to break and I did so many that I got very good at it and now I can see just from a first quick glance what base drawing was used to create them. That was a hell of a booster. I did learn how to spread Butterfly and made my own collection and the boxes too, I also learned how to make chocolate and it was the best I have ever tasted.

WELL NOW knowing all of this, Realize what the Bloody Smart Phone does to You,

IT CLOSES ALL YOUR SENSES AND AWARENESS OF YOUR SURROUNDINGS and you loose touch with everything that is going on around you, all your senses are shutting down gradually one by one. Well realize that when you do that, the brain DESTROYS all those neurons that you don't use anymore so the more time you spent on your Smart Phone the more you lower your I.Q. because your only attention is now on that little rectangle that is only 4 inches by 6 inches and this becomes your universe, your world and you loose all Awareness of the Real World around you. You get addicted to that and when you have to get away from it you get Cranky and Angry at everybody and at everything that keeps you away from your time with your Smart Phone.

Well MY Universe is infinite in ALL Directions. NOW DO YOU GET IT? Smart Phones are Creating a World Full of Dummies. We are going backward with those Smart Phones. SMART PHONES MAKES YOU STUPID. Wake up People, your technology is killing your Brains.

So here I suggest that you make pass that very difficult I.Q. test to all the kids in all the schools from Grade SIX and to all the secondary Schools and all Colleges and all University.

Find and recruit the 12 to 20 most intelligent Kids and put them in the same room and give them a problem to solve and I guaranty you that they will find the best and right solution for it in no time.

Give them all the tools they need to learn more about all fields of Science, like Engineering, Physics, Chemistry, Ecology, Biochemistry, Biology, Earth Science, Mathematics, Theoretical Computer Science, Geology, Natural Sciences, Oceanography, Psychology, Statistics, Biotechnology, Decision theory, Zoology, Aeronautics, Agronomy, Anthropology, Botany, Forensic science, Information science, And also Astronomy, Sound, and even Music.

Find them the help, the tools and teachers on all those fields they would wish to learn. They will become experts in all those fields and so they will become the best THINK TANK you could ever dream to have working for you. Not only that, they will also be making discoveries, innovations, and find new ways to do all things the best and cheapest way. They will make all your dreams come true. I think that all Province should do that and have their own THINK TANK and the future would be so much brighter for all Canadians.

Like you know by now that I have many fields of Interest and I developed over the years the capacity to solve any problems based on all my knowledge and experience.

To find a Solution to ANY Problem, you only have to think of the ROOT CAUSE and work to find a solution to eliminate that Root Cause, and there you go PROBLEM SOLVED. There is no easy quick fix, and long term problems will need long term solutions.

They already have all kind of THINK TANK on different Sciences in the U.S.A. well it is about time that we do it here too.

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DRUG ADDICTION, GANGS, & STREET PEOPLE

Drug addictions and Gangs all start with a lack of Education or lack of information in schools about those topics. Know that the children's of today will be the parents of tomorrow and they must know how to talk to their children's in the future and how to have an open dialogue with them all the time. There is unfortunately no course on Parenting yet, but there should be. At least they should learn the basics of Parenting in schools. If you do that now, you will fix all society's problems of tomorrow.

Children's need Support, Understanding and Security and Love from their parents, NOT their judgments, so parents must find ways to have a continuous dialogue and be supportive in everything their children's interests are, parents must become their best friends and stay that way with them through their difficult transition of puberty. If you don't talk to them they are prey to all the bad influence around them and that will become the source of Society's problems in their future.

Today's parents never had a course on Parenting and they both work and don't even know what their children's are going through. It is tough to grow up without any support from their parents so kids find comfort and support in gangs but that is a very bad influence. Kids must know that this path only leads to prison or death.

Kids must be made aware in school of all of this and they must find support in schools as much as at home. They must be made aware of all the problems of society, like Alcohol, drugs addiction, and money management and not to try to live above their means and capacity to pay. So a course in a family budget would be good to have as well. I told my son that if he use a credit card to buy anything he wish to have that he better be able to pay it all back within the same month or wait till you have the money to buy what ever you want. This way you never have to pay any Interest on your card. Otherwise when you pile up interest over interest for what you bought will

have cost you twice it's value. They need to know that they don't need to have a big home and a two car garage to be happy. They will live a life with debts for the rest of their life and all they will do is pay the Interest on their credit cards and loans for the rest of their life and they will never be happy and free of debts. How do you expect them to invest some money in anything and save for their retirement. That is an impossible task right from the start. How do you expect them to pay for their kids education?

It's nice that in school they learn all about Geometry, Trigonometry, Algebra, Mathematics, those are there to help to develop their brains but Schools don't teach them much about Society's problems and budget and how to raise kids and those topics are the most important of all the rest put together. The only way to fix all Society's problems is with a good Education about how to raise Kids, good parenting is the Key.

It's a jungle out there and when they go out of school without any social knowledge and not a clue on how to raise Children's, well their Kids will be easy prey to Addictions, Alcohol, Gangs, and debts. This is what got us to where we are today. So Education Ministers you have your job cut out for you to fix all that mess.

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UN HOUSED PEOPLE - STREET PEOPLE

You surely know the origine of that problem, common, don't lie to yourself. Remember about 10 to 15 years ago the Government decided to cut funding's for ASYLUMS, Psychiatric Hospitals (Loony bins) the Government said they did not have enough Shrinkers, and enough rooms, and from that time on all schizophrenics, Autisms and all kind of Mental Illness are left in the street fendng for themself. There is not enough Doctors, resources and rooms for them. WELL MAKE IT DAM IT. This was such a very inhuman thing to do to them. If we can't afford to take care of our sick people, then what are we doing here? are we here only to make more money and more profit and the hell with the rest? To try to house

those people won't help them either. This won't fix their problem. They would cause havoc in a housing unit as much as they do right now on the street when they should be in institution and cared for with all the human respect and dignity they deserve. They are not animals, just sick and they need help.

A certain percentage of those Street People are also drug addicts and why are they drug addicts? why are they on the street. The problem of Drug Addictions comes from the lack of knowledge they should have got from the schools and from the broken families that just throw their kids out on the streets because they could not cope with their addictions and did not want or know how to help them.

FOR THAT ROOT CAUSE PROBLEM, FIX THE FAMILY AND YOU WILL FIX ALL Society's PROBLEMS including Drug addictions, Alcoholism, mental health, behavior problems of all kind. Until you do that you can help them instead of trying to get rid of them.

THERE IS ONLY 3 PIECES OF THAT PUZZLE OF STREET PEOPLE.

In the first group the ones with MENTAL ILLNESS, well as I suggest above that those people with mental illness should be in Institution and not left alone on the street to fend for themselves, all they do is cause trouble HAVOC and Chaos to business and to other people and property. The police arrest them and let them go the next day.

The second group the DRUG AND ALCOHOL ADDICTS for those ones they need to be placed in DETOX CENTERS to help them off that bad habit. They can't function in society like that and there is nothing else you can do for them except to send them to a DETOX CENTRE. To open safe injection sites won't fix the problem, it only encourages it. They must stop using to be reintegrated into society. To give them safe injection sites only feeds the fire and does not help them at all. And neither to place them in housing won't help them at all either.

The third group, THE ELDERLY and other people that work but that can't afford housing for those you can find LOW COST HOUSING permanently for them.

AFTER THAT THERE WON'T BE MUCH PEOPLE LEFT LIVING ON THE STREET.

1-You must take care of the ones with Mental illness.

2-You must Detox the drug and Alcohol addicts,

3-You must shelter the elderly and the people that work and can't afford housing.

See it's not that complex.

Realize now that ALL Society's Problems comes from broken families and lack of education. Parents don't know how to raise their kids, they are strangers living in the same house, the kids don't have any support and don't feel protected and loved, so they go to gangs to find their needs or they go out on the street on their own. How to fix the broken family problems, well it is simple with a course on Parenting in schools and a good education on how to deal with all kind of kids problems. Right now after education they go out in the world with debts and have no clue on how to raise kids. WOW ! I am sure you can do better then that.

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In Conclusion.....

I also don't want to pay anymore taxes in the future on my Pensions and nobody else over 65 Should Either. I have worked all my life and I have already paid taxes on my Salary and so on the money I was deducted for my pensions, and now you charge me tax again on my money that is returned to me. I have already paid taxes

on it. So why do you double tax the retire???????? I am not asking you to pay me back all the Interest you made on MY money either, only to be fair with the retired people.

Know that if you want to get re-elected a good promise would be to abolish taxes for retired people over 65 on their pensions and that would make all those over 65 run to the voting booth.

And for the future of transportation what is wrong with Busses anyway? Ottawa made a corridor 15 to 20 feet lower then all surrounding street and building and busse run up and down that corridor and only stop at few stations and are not stopped by street lights and nothing else to block their way. SEE PHOTO, this was the entrance or exit of that corridor. No car are aloud in there. I took that corridor route many times and I was downtown in no time. And being lower then the street level, the noise is kept to a minimum for buildings and the street above it. This is the best, the fastest and cheapest option for transportation. Don't build that in a Flood Zone near a river and so good drainage will be important for that option. I checked on Google Earth and looks like they are rebuilding it, maybe there was a flaw and they are fixing it.

This is the way to do it. Being also lower is it easy to make few bridges for the streets above. This is much better then a bloody Sky Train, it would cost much less and be very effective.

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Oh! one more thing,..... FREE EDUCATION.

Education should be FREE, people already pay for SCHOOL TAXES and that is enough burden on them. Even Colleges and University should be FREE, they are your professionnels of tomorrow and you start their life by giving them debts, not very nice. University therefore should be owned and

controlled and Operated by the Government, I am not saying that Immigrants should also have FREE EDUCATION, I am talking strictly of Canadians from B.C. or from their own Provinces and of more than 15 years of residency in their respective Province.

There are very intelligent and talented kids out there that want to become Skill WORKERS and Professionnels but they can't afford to go to College and the University, **WHAT A SHAME**, it makes me cry and you lose those very potential candidates just for lack of money? and you want to import immigrants that have those Skills WOW! again, I am not impressed. Your Canadian Skill Workers and Professionals are flipping burgers at Mac and serving Coffee at Tim's. **Again WHAT A SHAME.**

Educate our own youth for FREE and you will have all the professionnels that you will ever need in the future. You say you want more Doctors, more Nurses and more Health Professionnels workers but that won't fix the Health Care System problems, what you really need is **LESS SICK PEOPLE**, so to fix that problem follow my advice I gave you on the section about the HEALTH CARE SYSTEM FIX and in the long run it will fix itself.

Yes it is a long term solution but a good one and the only viable one. Long Term Problems can only be fixed by Long Term Solutions. It took like more than 30 years to get us to that point today and so it will take the same time to fix it, and then it will be Smooth Sailing Forever.

You won't fix the Forest Fire either by having more Fire fighters, more planes, more helicopters, just go to the Root Cause of the problem and install those Lightning Rods A.S.A.P. The more you will install and the less Forest Fire started by Lightning you will have. It is a simple equation, more will mean less.

For the Housing problem you know the cause of that, don't you, just do the opposite that caused it and you will fix it. Our society is based on Profit and everybody think like that, this is one reason why we are here today, too much speculations and profit mongers. There is more to life than just

bloody money. Living just to make more Money and more Profit will cause ALL Your Downfall.

Yours truly,

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

Victoria, B.C.

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PLEASE SHARE THIS OPEN LETTER WITH ALL YOUR FRIENDS AND ASK THEM TO DO THE SAME

THANK YOU.....Ghislain Bonneau



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.

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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 Good Life Worth Living.

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

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This Document does not pretend to be complete but is only Partially Informal in nature. I only brushed the Surface of this very interesting Subject, You can do more Research on your own on this if you want to know more about all of this.