

70 CAN BE YOUR NEW 50: AUSTRALIA

YOUR GLOWING HEALTH
IN THE 2020s AND BEYOND

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Teresa Vidal, Editorial Associate

Hippocrates Health Centre of Australia



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“Legends never retire. Legends reinvent.”

The recommendations in this book are based on the research and experiences of the author. Because we are all unique, readers are encouraged to consult with qualified health professionals before implementing any suggestions made in the book.

There is always a possibility of risk regarding health matters. Readers should not use this book unless willing to assume that risk.

It is wise to seek second or third opinions when making important decisions regarding health

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INTRODUCTION

Since 1985, when we founded Hippocrates Health Centre at Mudgeeraba, many have asked us to provide a summary of actions you can take today to assure your long, healthful life.

So, in this book, we've focused on:

Your body: to embrace.

Your body: to avoid.

Your mind's infinite power.

I'm compelled to tell you that I couldn't have written this book until now.

In 2005, I entered an ongoing personal crisis - and a life-changing odyssey - that has dominated my life ever since. My life partner, Elaine Hollingsworth, became extremely ill after using the "Aldara" prescription drug, and almost died several times over these years. Her continuing illness and eventual death - the abject failure of even "natural" GPs and specialists to properly diagnose and safely treat her condition - and the immense consequences of these bad practitioner and personal choices - have consumed the bulk of my time and attention ever since.

Over these years, I've learned so much more about health - and about my own personal reservoirs of emotional strength, compassion, patience and fortitude - that I'm compelled to share my newfound knowledge with you. We at Hippocrates Health Centre of Australia can only hope that you will benefit as much from this knowledge as we have.

I was an Aquarian "war baby", born on 29 January 1943. (Exactly the same day as Molly Meldrum.) Because of the way I've lived my life, I'm still able to enjoy the wonderful Gold Coast lifestyle: Pilates, meditation, touring on my electric bicycle, discovering new vegan cafes, advising on natural health, feeding the local lorikeets and all of life's other pleasures.

You can do the same.

And: I've never worn a face mask or had a nasal swab, and I haven't been vaccinated since 1966.

All of our recommendations are based on extensive research and, more important, decades of practical application. They work!

We invite you to share YOUR healing methods with us at hhc@iprimus.com.au. We welcome your innovative natural ideas and approaches.

And here's to your great new life!

Is 70 the New 50?

That's what many are saying when it comes to how they perceive their retirement years.

A 2018 survey found that 73 percent of women felt that 70 is the new 50, while 59 percent of men said the same.

The findings come as other research points to abundant financial challenges for those in their golden years.

Yet women and men are not letting that stop them from seeing this as a time of empowerment, according to Christine Russell, senior manager of retirement and annuities at TD Ameritrade.

"[Women] have sacrificed for others throughout their lives, but in that retirement phase they will now be able to determine what they want to do with their lives and how they want to live," Russell said. "They don't necessarily have to sacrifice any more to take care of everyone else." That optimism includes the financial side, Russell said. Women know they will need more money to cover their longer lives. But they also want work that will provide them with more fulfillment.

Seventy-six percent of the women surveyed said they see more opportunities for meaningful work, as they get older.

The majority of female respondents said they expect to live until 84 years old on average. And they will consider themselves to actually be old at age 76. Men, on the other hand, said 72.

The survey also found that many women value their health more than money. Five in 10 — or 47 percent — of female respondents said they would trade half or more of their wealth in exchange for being healthy for the rest of their lives.

70 IS the New 50

by Candy Spelling

While of course I'm not the first person to use this phrase, I can honestly say that there is no truer statement.

Just a few weeks ago, I celebrated my 70th birthday. I really can't believe that's my age! I certainly don't feel it... I'm still the same girl I've always been.

I had a wonderful time celebrating the big 7-0 in Las Vegas with my closest girlfriends. Oh, we had the time of our lives! I also celebrated at home in Los Angeles with friends and family, which was lovely.

Aside from all the festivities, I made sure to find some quiet time for myself, to relax and reflect on important events in my life: marriage and family, a later-in-life career. Losing my husband Aaron will forever leave a hole in my heart, but I know that he would be over the moon for all of my recent accomplishments.

Navigating my new life as a woman of a certain age took some time, dealing with making decisions on my own, finding my footing in the world and realizing the pleasure in everyday tasks such as walking with my dog Madison. I overcame a fear of living alone, and learned that it's empowering to enjoy the world on your own... and who knew it was so exciting to travel alone?!

When I packed up our family house, the move to my own home was such a process that it generated material for two books and two successful HGTV specials. I also became more personally active in charities that I believe in deeply, donating both time and money. And producing four Tony Award-winning Broadway shows (and fingers crossed, as a fifth opens this December) has been the icing on my career cake so far. But most importantly, I am grandmother to six beautiful children and I truly savor every moment and milestone that I am fortunate enough to enjoy.

Ten years ago, I could never have imagined going to Las Vegas to celebrate a birthday like someone half my age. Actually, I could not have imagined most of the things that are now commonplace in my life. Because I really struggled to find my way to this place, I make a point to always take a moment to feel grateful for all the happiness in my life and wholeheartedly take on every challenge that comes my way.

That sage advice took me 70 years to put into action. Don't wait that long to bring joy into your life.

Ageing Gracefully

Martha Stewart on aging gracefully and 'maintaining a tiny waist'

by Margot Peppers

Martha Stewart has revealed her tips for aging gracefully and staying healthy, feats which involve 'maintaining a tiny waist', among other factors.

The 71-year-old lifestyle guru explained that there is a 'new generation' of aging in the modern world.

Seventy is nothing like the 70 of 20 or 40 years ago,' she said. '70 is the new 50! Not everyone wants to retire, and very few people want to slow down.'

The former TV personality went on to disclose the beauty secrets she has followed to maintain her health.

'Each decade has specific requirements,' she explained, noting that some of the most valuable advice she ever received came from fashion designer Carolina Herrera, 74.

'She was at my house one day, and we were all eating,' recalled Ms Stewart. 'She asked if we knew that no matter your age, your waist should measure the same as your head.'

Ms Stewart said she and her guests promptly proceeded to measure themselves, only to discover that the designer was the only person in the group whose measurements fit the rule.

'It is absolutely the truth,' she explained.

'It's imperative to have a good diet that keeps you healthy. Maintaining a tiny waist is a very important factor in successful aging.'

'I've had my share of curveballs,' admitted the author and businesswoman, who was convicted of insider trading in 2004.

She continued: 'Rebuilding is a lot harder than building. I've learned that. You have to approach something new as a build-on to what you've already done.'

The business mogul also offered her opinion on second chances in life: 'There is only one time around the track,' she said. 'And you are on that track the minute you're born.'

As a business magnate, best-selling author, chef and TV host, Ms Stewart has enjoyed years of success since her first-ever cookbook was published in 1982.

But despite her accomplishments, she told the magazine that she does have one regret.

'Just that I haven't had more children,' confessed the mother-of-one, before adding optimistically: 'But my daughter has two babies now, so the family is growing.'

Despite her age, Ms Stewart shows no signs of slowing down and she has made numerous recent appearances to promote her new book.

She spoke to Today Show host and longtime friend Matt Lauer about getting back on the dating bandwagon to find her 'next Mr Right'.

The grandmother-of-two managed to shock Mr Lauer when he asked if she would consider marrying again.

'It depends . . .' she replied. 'I'd like to have breakfast with somebody. I'd like to go to bed with somebody. Sleep with somebody.'

After some encouragement from the show's host, Ms Stewart - who admitted that she has been single for the past couple of years - agreed to formally join a dating website.

'I'm always looking,' she said in the interview about finding a new man. 'Are you kidding? All women are always looking.'

Ageing with Beauty

In the last decade I have come to realise that there is one thing that is with me for every thought, action, choice and behaviour in my life... and that is my body. I will be turning forty next year, and to be honest, I have no hang-ups about that. In fact I am looking forward to growing older.

Why?

The answer is simple... when I look back over the last ten years of my life, where I have dedicatedly taken more true care of myself, and then when I look at the years before that and remember how I felt in my body and how I was living, I can appreciate the beauty and support I have offered myself and my body. My body today in its late 30s feels amazing, and it has a vitality and glow that it never did in my 20s. I know that seems back to front, but it's true.

I think that if I feel this great approaching 40 then I can't wait to live and feel the beauty, wisdom and purpose approaching 50, 60, 70 and so on will bring. Supporting my body and truly looking after myself has been the best gift I have given myself. It has not only allowed me to bring more to life, but it has made me astutely aware of how fundamental looking after myself and treating myself with deep care is.

I know that I want to:

- be working and supporting others until my last breath, however that may look
- take care of this body, as I may be in it for another 40 years or so
- reflect the truth of who I am
- be very much a part of life and present with myself and those dear to me
- be known and remembered for a smile on my face and a body that embraces people and life
- do everything I can to embrace my part in taking responsibility for looking after the body I am in
- be committed to living and supporting my body to age with the grace I came into this life with

In the last ten years, supporting myself and my body has included many things, one being adjusting the way that I move and exercise. The way I used to exercise and the way I exercise now and the reasons are completely different, and I feel completely different in my body also.

Exercise for me used to be about: achieving or maintaining a goal weight, having a particular look, being able to be fit and strong if I needed to defend myself, a relief

and false release of any pent-up tension, anger, fury, frustration or suppressed/unexpressed feelings, a way to deal with issues by checking out of life and staying in a momentum, a way to keep my body hard so as to not feel, a way to fill the emptiness I felt, to keep me busy and not to have any quiet moments.

This way ticked my boxes at that time and met the societal images I thought I had to abide by, but it was not truly healthy, as it did not bring a sense of vitality and joy to me. Back then, I was exercising to meet images and to feel that I was enough.

Today I know ... true health supports you to be all of you.

As a result of presentations at events, I have been constantly inspired to be more of the true me, bringing my own true care to myself and standing in my own unique and divine presence — letting go of the false ideals, patterns and beliefs that contorted who I was naturally born to be. From here, the natural and true me is brought to every facet of my life, with no perfection of course.

Today exercise is all about quality of movement, 'Me' remaining with my connection while exercising, supporting the powerful and amazing woman I am.

It's about me remaining with and building the connection with my body, strengthening and stretching my body in a surrendered way, being present — keeping my mind with my body and the activity at hand, confirming who I am and not losing myself to the exercise, listening to my body and deepening that communication, bringing gentleness, tenderness and playfulness into movements and feeling a fluidity and flow in my body, muscles, joints and the way I move.

During exercise, whether it be working with weights or going for a walk, I am always aware of my breath, having a surrendered feeling in my body and being aware of how my body is feeling and moving as it is exercising.

For me, listening to my body has been key in all life activities. This allows me to adjust as I need to, in order to remain with myself and my body, and not get lost in my head or the demands of life.

Today I bring all of me to life, to relationships, to work, to my family and to everything that I do. It is a quality that has a massive flow-on effect and seems to be deepening as I grow in responsibility in supporting myself and my body.

And with this I can say... bring on the rest of my life!

Johanna Smith

www.joyofageing.com