

Some suffer ill health simply because of insufficient gentle exercise & overweight.

Exercise is the main thing to reduce high blood pressure. When I farmed and gardened a lot, and donated blood until too old (by their book), to their surprise, my pressure was always close to 120/80, and I always felt better after giving it. After damaging both shoulder and upper back muscles from digging hard soil to grow potatoes, etc., I had to stop all gardening. Sitting at the computer for up to 12 hours on most days answering farmer phone and email questions and writing farming and health articles, made my blood pressure increase from its natural all my life, to as high as 160/120. I then developed 'Leg Lifting' as high as I could, only 3 cm then, and 30 cm now and squeezing and stretching toes downwards, all at the same time, dozens of times a day, for only three or four minutes each time, because after that I am exhausted. Try it and see. After four days my pulse became normal again, as it was before the intestine operation a year before, and my blood pressure dropped to 120/80 again. I was amazed and my doctor was relieved.

Leg lifting from an upright or office type chair is the best exercise for most people, and takes no time, because it allows reading, computing or watching TV, at the same time. It keeps my blood pressure close to where it should be (120/80) and was when active. You'll be surprised how little time it takes to get out of breath so exercise the lungs, ankles, toes, leg and lower back muscles, without the friction on joints from walking, or the damaging of them when running. A hundred lifts a day is enough.

Lifting legs as high as possible from an office or upright chair is the best exercise I know of because it exercises the toes for circulation to them, feet, ankles, legs, thighs, tummy, back base, body muscles and lungs, all slightly, so reduced my fat tummy.

I used to run at night, but GrazingInfo has taken most of my waking hours since 2010, so I developed this far better system of exercising, which is not at all dangerous, in fact benefits the areas that need it most, including my lower back, without any stress, which I damaged farming in 1958, and suffered from then until February 2014, after a few months of leg lifting, and stretching my knees and back when I lie down.

This exercise and eliminating wheat reduced my weight from 75 kg to 58 kg, which was too low, so I ate more, with biscuits and cuppas and eating more dinner and ending with little icecream without any stress and got up to 65 kg, with which I'm happy.

Both Forbes and Time Magazine in 2014 highlighted research from Sweden and Germany showing that severe exercising intensely for extended periods of time could do more harm than good to those with a history of heart disease. Extended periods of exerting are completely unnatural.

Dr Mercola wrote, "Obesity does many terrible things and ruins lives, cripples and kills men and women. People weighing 120+ kilograms seldom live longer than 55 years, the majority of them develop type two diabetes, high blood pressure, broken bones that never heal, heart diseases and end up with a lethal stroke. You should not become an obesity victim! You have to fight and to win! Right diet and exercise are vital but now you have approved by FDA a safe and efficient way of losing extra kilograms without additional toil. Get back to normal within weeks!

"Exercising to exhaustion is not natural and is dangerous. An Iron Man competitor nearly died while just practising to the extreme. Some athletes collapse close to the end of races. Many were low in salt and/or magnesium. A little Himalayan salt is beneficial.

"Extremely vigorous exercisers make claims, but the risks are worse, so start slowly and work up to a reasonable level for your age. Don't strain or suffer pain"

As a sweetener and for the prostate (Read it in Human Health Health) and energy, I use Natural Value 100% Pure Organic Grade B Maple Syrup or Queen 100% pure Canadian maple syrup. Many food chefs use these for their recipes for full flavours. Maple syrup gives energy we sometimes need. Maple trees bring up copper which is good for us to reduce bone fractures, because it softens bones. Read Copper in Human Health Minerals and the farm Copper. On the subject of trees, don't eat Brazil nuts for selenium, because they bring up lead.

Strokes

Low magnesium can be a cause of cramp at any time or after exercising or sleeping. A cramp anywhere in the body can be decreased by taking magnesium, but it should be a safe one. Read Good Health Minerals > Magnesium. Thompson's Organic Magnesium has no heavy metals and is the best one I know of. They give me strength, so when holding the capsules, I can lift the weight higher. I found that half a pill twice a day was better for me than a whole one once a day. Just bite one in half.

Examples

On 1 November 2011 two endurance cyclists near Christchurch suffered heart attacks and one died. Deaths after extreme exercise have occurred many times in the past. When checked, they were low in sodium and/or magnesium. In New Zealand, make sure you are taking them daily. See Human Health, Minerals and Supplements.

You are far more likely to suffer heat stroke when racing (swimming) in hot water temperatures than in any temperature on land. During exercise, more than 70 percent of the energy used to drive your muscles is lost as heat, so your heart has to pump extra blood from your hot muscles to your skin where you sweat. When you exercise on land, sweat evaporates and cools your skin to dissipate the heat. You produce sweat when you swim, but the sweat cannot evaporate to cool your body. Almost all cases of heat stroke occur when you suddenly increase the intensity of your exercise, like the finishing sprint of a race. Nobody should ever die of heat stroke because your body sends you warning signals as your temperature rises. Firstly your muscles are affected, then your circulation and then your brain. If a person passes out, call for medical help immediately. If it is heatstroke, he should be cooled immediately, but if it is a heart attack, cooling can be fatal. Carry the heatstroke victim into the shade and place him on his back with his head down and feet up so blood can circulate to his brain. Cool him by pouring a little of any liquids you can find, or spray him gently with a hose. As you cool him, he will then wake up and talk to you and act like nothing has happened. While he's sitting or lying there, his temperature can rise again and he can go into convulsions or pass out again, so he must be watched and treated for some time afterwards.

My results

After leg lifting and eating the right better than organic 14 vegetables we grow, and the right foods, I lost 7 kg and 7 inches around my middle in 7 weeks, and dropped from 74 to 67 kg. I'm 1.8 m tall. To feel the benefit, try carrying a 7 kg weight around with you for a while. It will overload you and your joints.