

10 Best Practices For Youthing Not Aging



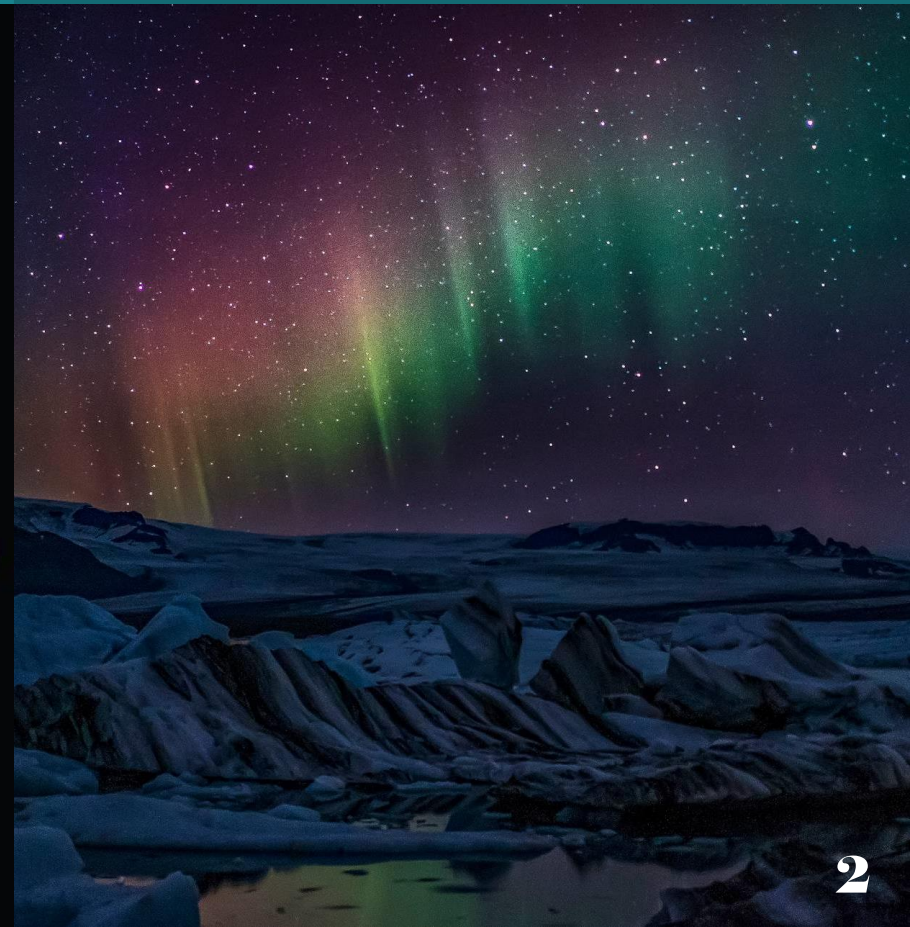
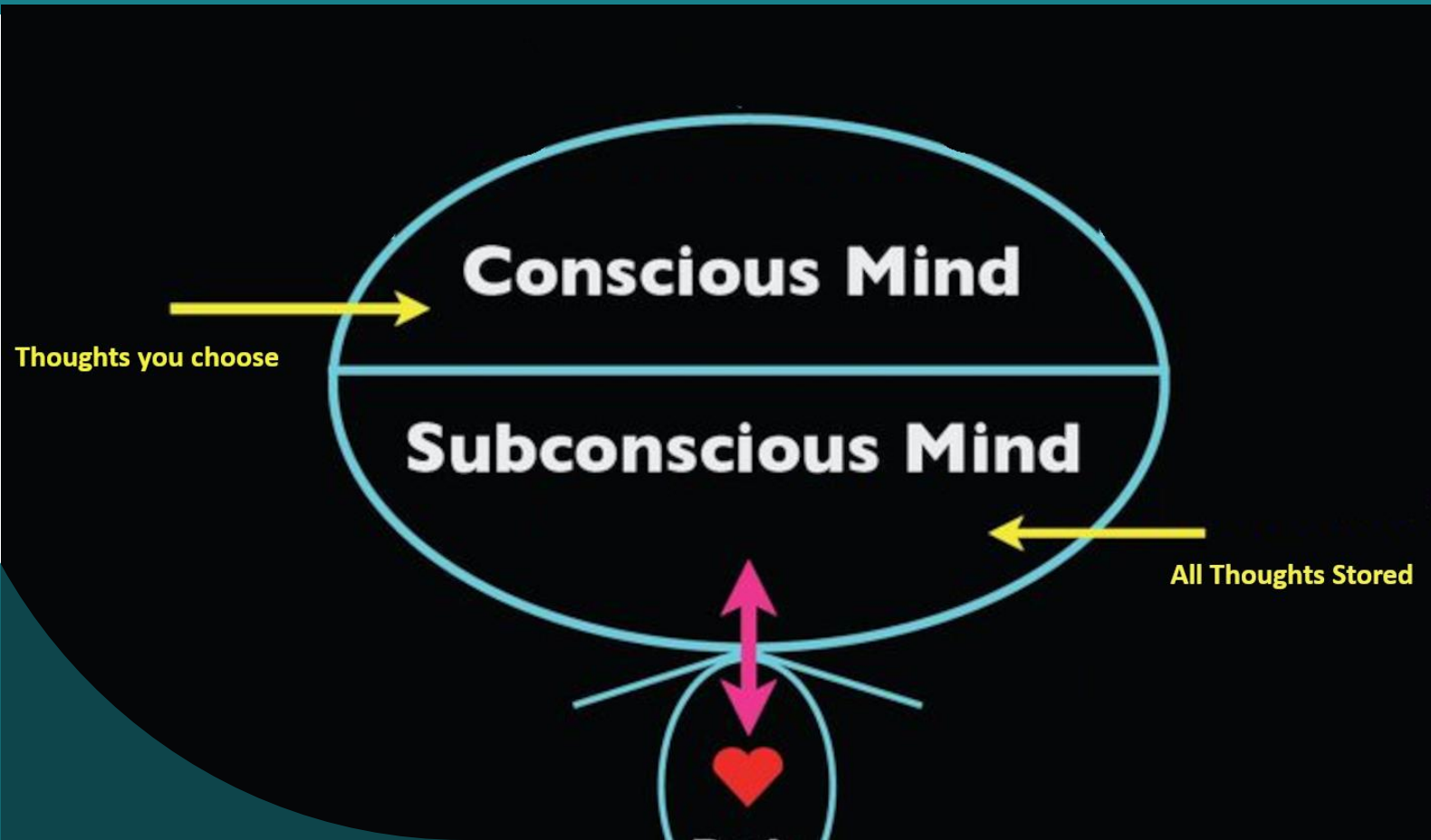
**Don't
Be
A
Statistic**

Dr. Bonnie May

Attitude (origin; French)

Awareness of where your thoughts go - AT ALL times

Where your Attention goes, your energy flows and manifests in physical form



Statistical Information

Elderly health statistics in the United States ¹ ² ³ :

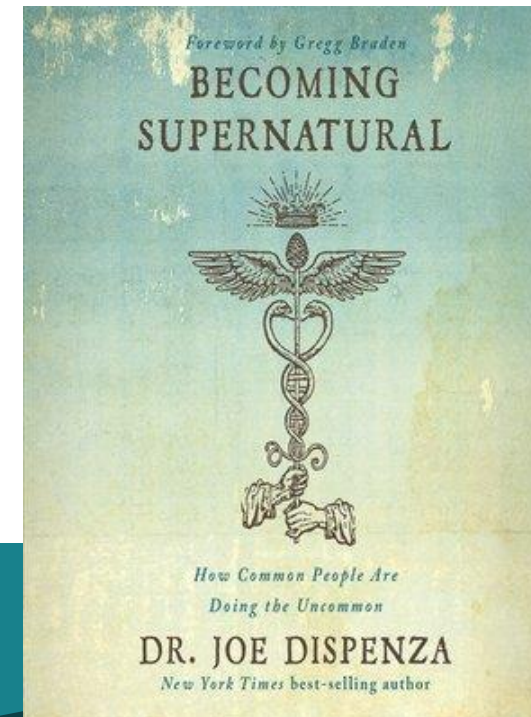
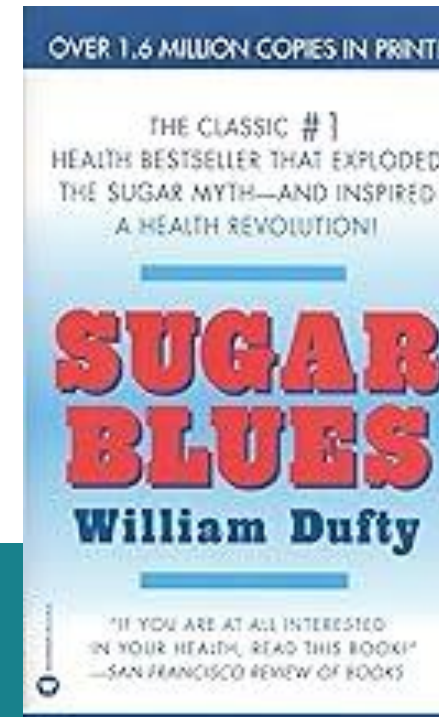
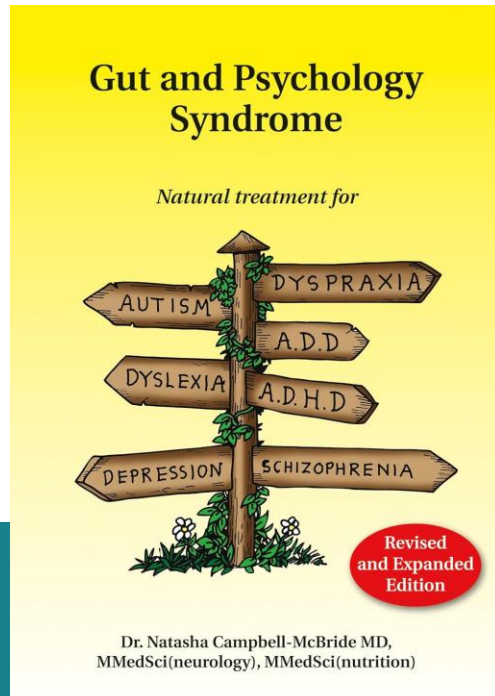
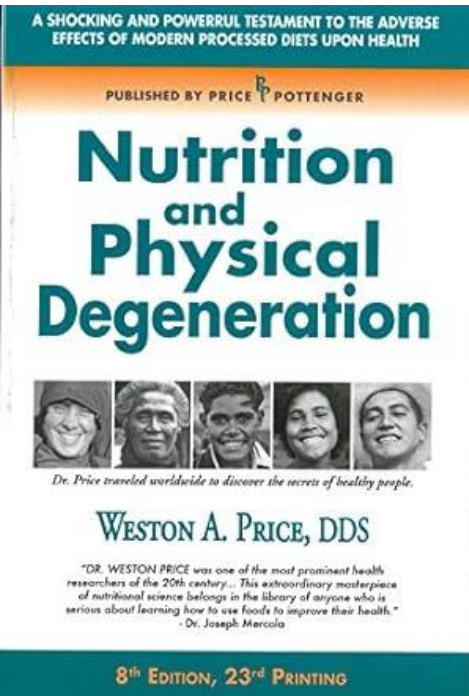
- Nearly 56 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 94.7 million in 2060.
- On average, a 65-year old can expect to live another 17 years.
- About 23.5% of noninstitutionalized persons age 65 and older report being in fair or poor health.
- Most older Americans have at least one chronic health condition, and many have multiple health issues.

B

Belief Systems: True or False?

Top 5 Life Changing Books

M F P T



C

Chiropractic
Chart of Effects
Cause and Effect



Causes of subluxation.

The 3 Ts

Trauma
Thoughts
Toxins

Statistical Information

"Polypharmacy is a huge problem in our society," says Stephen Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S., C.B.T., internationally renowned cardiologist and author of *The Great Cholesterol Myth*. According to Dr. Sinatra, elderly patients are often put on five or more medications at once and it's no surprise that they develop serious side effects. Thi...

See more on agingcare.com

Diet / Nutrition

Digestion / Question

Food: any nutritious substance we eat or drink to maintain life and growth

Foods that Enhance Health

Organic

Standard Process whole food supplements – <https://standardprocess.com>

Non-nutritional food that takes away health

What you put in your mouth

Detrimental to your health:

Processed chemically altered food

Food additives like MSG/20 and others

Coffee, Alcohol, Prescriptions, Vaccines, Sugar, Soda

Statistical Information

Summary

Malnutrition is a highly prevalent condition in older adults, and poses a substantial burden on health, social, and aged-care systems. Older adults are vulnerable to malnutrition due to age-related physiological decline, reduced access to nutritious food, and comorbidity. Clinical guidelines recommend routine screening for malnutrition in all older adults, together with nutritional assessment and individually tailored nutritional support for older adults with a positive screening test. Nutritional support includes offering individualised nutritional advice and counselling; oral nutritional supplements; fortified foods; and enteral or parenteral nutrition as required. However, in clinical practice, the incorporation of nutritional guidelines is inadequate and low-value care is commonplace. This Review discusses the current evidence on identification and treatment of malnutrition in older adults, identifies gaps between evidence and practice in clinical care, and offers practical strategies to translate evidence-based knowledge into improved nutritional care. We also provide an overview of the prevalence, causes, and risk factors of malnutrition in older adults across health-care settings.

E

Exercise

Energy

Education

Is for EVERYONE

Expect Health

Easy

Mental health of older adults

20 October 2023

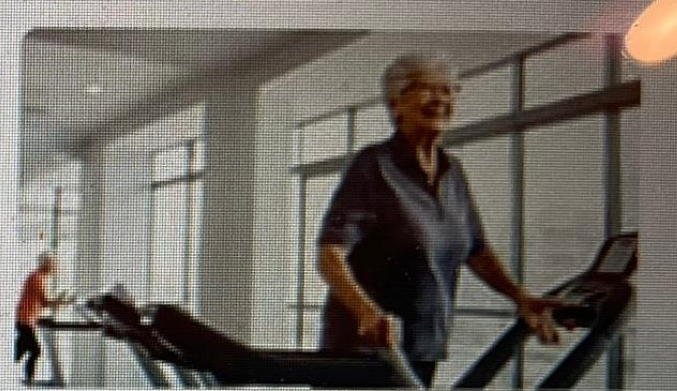
Key facts

- **By 2030, one in six people in the world will be aged 60 years or over.**
- **Loneliness and social isolation are key risk factors for mental health conditions in later life.**
- **One in six older adults experience abuse, often by their own carers.**
- **Approximately 14% of adults aged 60 and over live with a mental disorder.**
- **Mental disorders among older adults account for 10.6% of the total years lived with disability for this age group.**

Statistical Information

Lack of exercise in elderly people can lead to various health problems, including:

1. Reduced muscle mass, strength, and physical endurance.
2. Reduced coordination and balance.
3. Reduced joint flexibility and mobility.
4. Reduced cardiovascular and respiratory function.
5. Reduced bone strength.
6. Increased body fat levels.
7. Increased blood pressure.
8. Increased susceptibility to mood disorders such as anxiety and depression ¹. To improve health, elderly individuals should engage in regular light exercise, such as swimming, walking, or cycling ².



Fresh Air

Freedom in nature

Fun in service to others

Find your Purpose

G

Gratitude

Gratefulness

Generosity

Giving

H

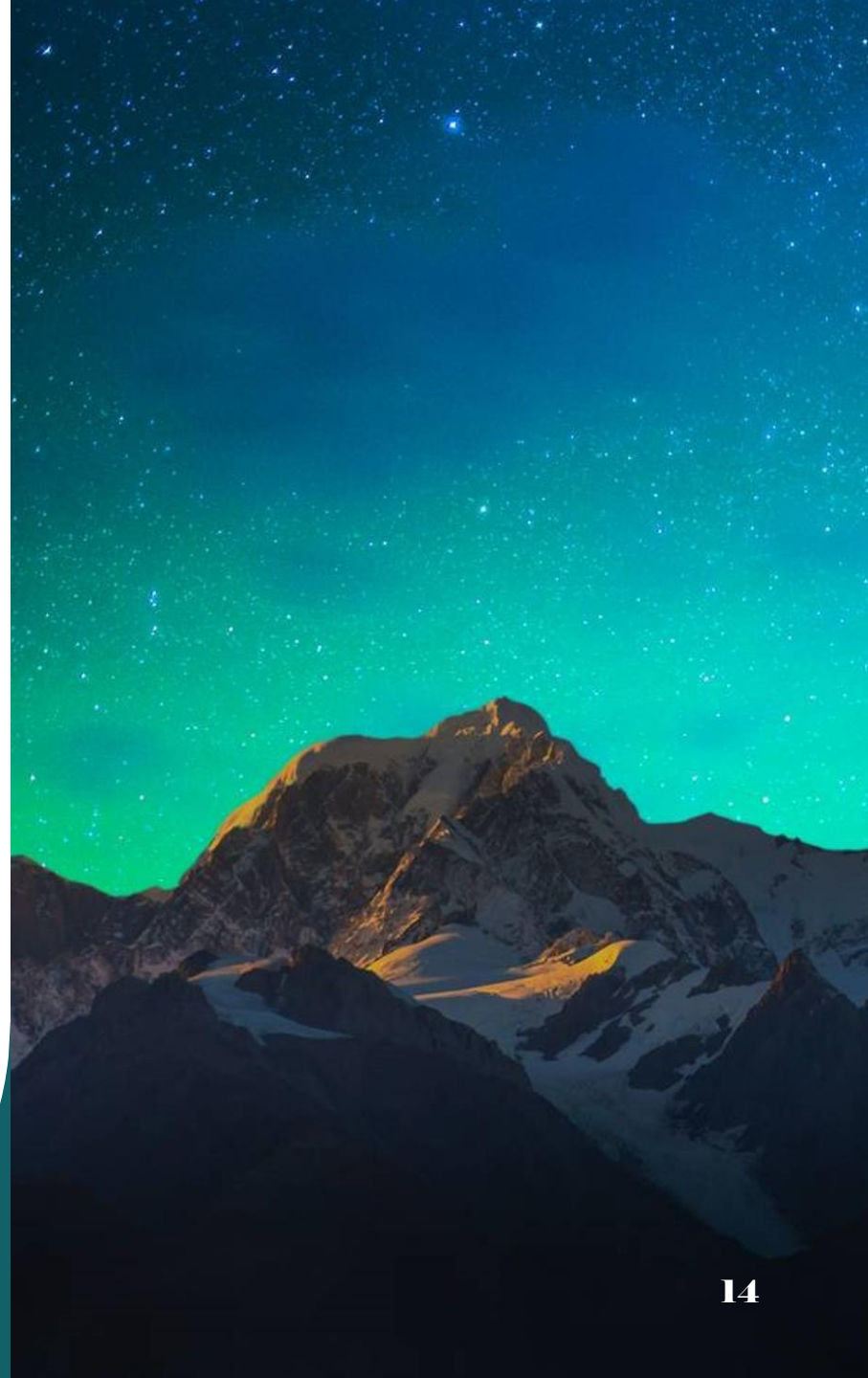
Health

The state of being free from illness or injury

The human body is a self-healing mechanism

Health - All body cells, tissues, organs, etc are working correctly as designed

Heal: To become sound or healthy again

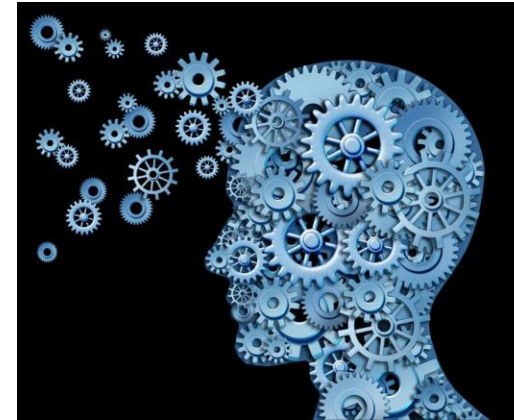
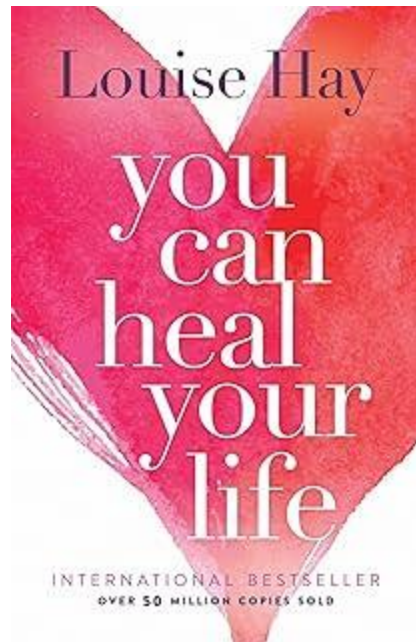


Important Information

Intention

I AM _____

Affirmations



**Innate Intelligence
Your Inner Wisdom**

Journal

Keep Track of your:



- ***Advancement***
- ***Success***
- ***Wins***
- ***Progress***
- ***Results***

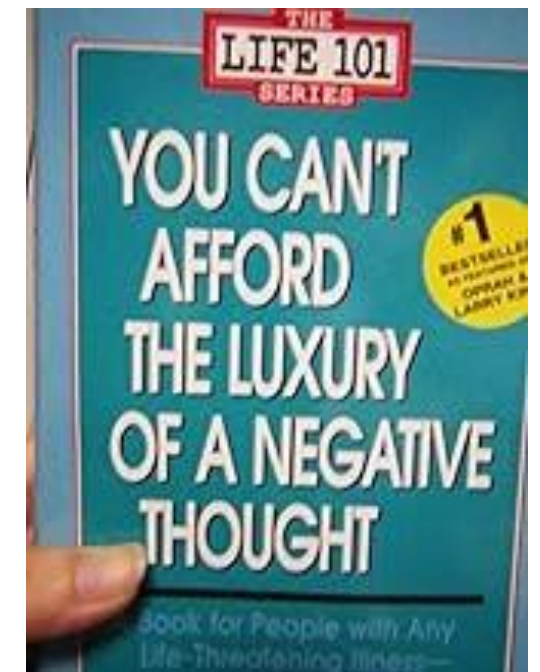
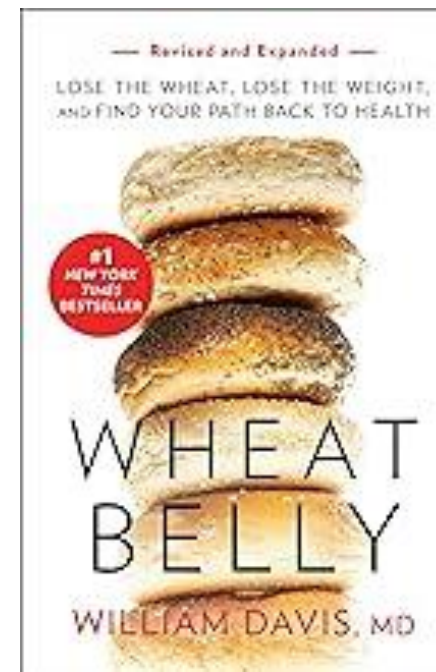
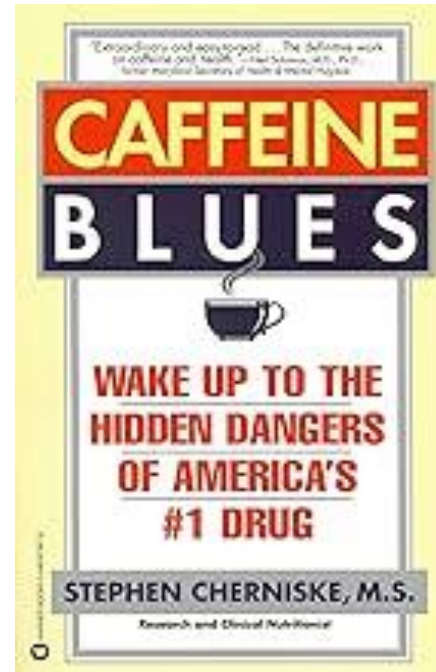
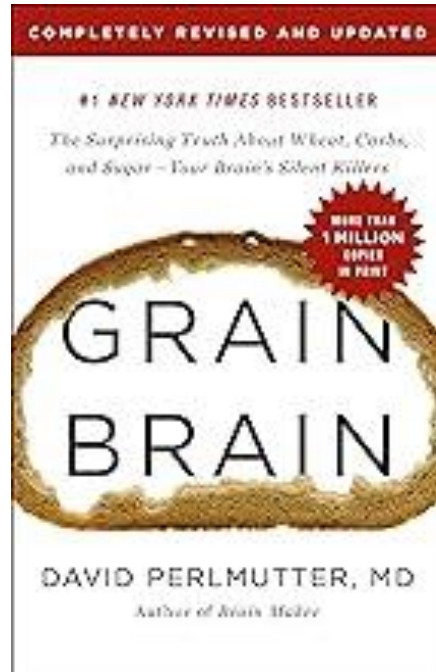
Statistical Information

20%

According to 2 sources

THURSDAY, Aug. 21, 2024 (HealthDay News) – Type 2 diabetes increased by nearly **20%** in the United States between 2012 and 2022, with age, race, income level, obesity and lack of exercise all playing a role in the metabolic disease's spread, a new study reports.

Type 2 diabetes increased by almost **20%** between 2012 and 2022, according to a new study from the University of Georgia. The researchers found an increase in diabetes among all sociodemographic groups.



Other Recommended Books

Statistical Information

Common causes of death in elderly individuals include 1 2 3 4 5 :

- Heart diseases
- Cancer
- Chronic respiratory diseases (such as emphysema and chronic bronchitis)
- Alzheimer's disease
- Stroke (cerebrovascular diseases)
- Diabetes
- Nephritis, nephrotic syndrome, and nephrosis
- Chronic liver disease and cirrhosis
- Drug overdoses, car accidents, poisonings, and falls

Thank you

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