



PUBLISHER'S CORNER

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After weeks of research, and through trial and error, I decided to change my eating habits and have made major changes to my diet. I am astonished at the amount of harmful things there are in our environment and the food we eat. I feel that although we won't live forever, we could extend our lives and the quality of life by just making some adjustments in our eating habits.

Because I didn't eat a lot of the bad things, like red meat, potato chips, sweets, etc., I felt that I wasn't at high risk of having a major health problem, like heart and cancer diseases. But, after reading an article or two about the problems caused by eating the wrong foods, I decided to pursue my quest for more information.

Research has shown that there are many causes of major health problems, which include a weak immune system, toxins in your system, being overweight, lack of exercise, and stress. And, research shows that by simply changing your lifestyle and the foods you eat, you can help prevent many of these illnesses.

Things like BPA in plastics used for water bottles and other products, pesticides in our food, mercury in our fish, and hormones in our meat, are causing illnesses that could be preventable.

Simple changes like eating organic foods, eliminating some foods from our diet, eating only meats that are hormone and antibiotic free, eating organic cage free eggs, eating the right fish with Omega-3, simply exercising for at least 3 or 4 hours a week, and ensuring the plastics used in your daily life are BPA free, can be helpful in your goal of staying healthy.



Each month we will include articles that stress some simple changes to our daily life that will help keep us healthy and hopefully live longer. I have made many of these changes to my life, and after only two months feel much healthier and have lost ten pounds without even trying. These articles will appear on page 21.