

**Dotsie Bregel,
Founder and CEO of
The National Association of Baby Boomer Women
(NABBW)**



www.nabbw.com

And

**Boomer Women Speak (BWS)
www.boomerwomenspeak.com**

Presents

**Avoiding the Physical Limitations
of Past Generations
*Removing, Re-training, and Relaxing!***

With

Kathi Casey

Sponsored by:

Menopause sees 6,000 new faces each day.

And here are 4 reasons they
can start smiling again...



Me Again™
wellness for menopause
and beyond
Available at **CVS**

Click www.meagainonline.com



Regulate
Your Digestion Naturally.
With a unique blend of prebiotic fiber, magnesium and potassium.

PlumSmart®
for DIGESTIVE HEALTH

Learn about the PlumSmart solution.

Click www.plumsmart.net for more info!

**Avoiding the Physical Limitations
of Past Generations
Removing, Re-training, and Relaxing!
With
Kathi Casey**

Dotsie: Hello and welcome to the call. The format for this call is simply that I will interview our guest, Kathi Casey, Kathi, are you there?

Kathi: Yes I am Dotsie, how are you?

Dotsie: Great! How are you? It's always good to hear your voice on the other side when I ask that question.

For those of you who don't know me, I am **Dotsie Bregel**, founder of the **National Association of Baby Boomer Women** which can be found at www.NABBW.com and also, www.boomerwomenspeak.com, which are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women and I've been doing that online since 2002.

Our sites are proudly sponsored by **Me Again** products, which are tried and true products for women at midlife. They can be located at www.meagainonline.com. We're also sponsored by **Sunsweet** for those interested in natural, digestive health solutions. They can be found online at www.plumsmart.net.

If you are on the call today and you are a guest of Kathi's and you not a member of the [NABBW](http://www.NABBW.com), the fee to join is typically \$75.00; but we would like to extend a \$25.00 discount to those listening who are interested in joining; and we can send you a link to join for \$50.00. All you have to do is send an email to info@nabbw.com and I'll be happy to send you the link to join.

This teleseminar is one of many archived at the Members Only page at the www.NABBW.com. We now have over 60 informational and very educational teleseminars that range in topics from plastic surgery with a doctor in Manhattan, New York, who shared about all the nips and tucks on plastic surgery, and we go from something like that all the way to midlife reinvention, being a Web entrepreneur, caring for your aging parents, etc. So all of those teleseminars are archived in the Members Only page at www.NABBW.com.

Let's get started because I would love to introduce Kathi Casey who is known as the *healthy boomer body expert*. What a perfect marketing tag that is. I think it's wonderful.

Kathi: Thank you!

Dotsie: You're welcome!

Her powerful techniques blend the Western science with the Eastern health practices for total mind/body programs that will build stamina, increase vitality, strengthen core body, lower blood pressure, reduce chronic pain, and enhance the immune system. Boy Kathi, you must be awfully healthy.

Kathi: I'm healthier now than I was at age 20.

Dotsie: Good for you!

Her easy tips include a simple breathing technique that helps you achieve a longer and more restful sleep, which I could certainly use because I've been up—I can't even tell you what time I got up this morning. Anyway, she is currently teaching, training, coaching, and speaking all along the East coast. She has developed her own golf-conditioning program and her clients raved about the improvements in their game and their overall strength. She is an author, coach, and popular speaker and popular Talk Radio show guest. She writes monthly columns for the *South Shore Senior News* (Boston), *Life After 50*, and retirement living magazines. Kathi also produces and stars in her own TV show called "*To Your Health*" in the Berkshires of Massachusetts and also owns and operates the *Healthy Boomer Body Center* in Otis, MA. Her programs combine good fun with humor and simple, yet powerful techniques that fit easily into busy schedules.

Look for her newest book which is called, "*Get Off the Couch, Potato!*" which hits the stands on August 25th. And Kathi I hope you'll tell us a little bit about that later in the call. True to her methods, this book is 30-days of powerful and fun exercises that you can do lying on your couch, watching your favorite TV show, and they are demonstrated each day by her whimsical couch potato.

Kathi is a registered experienced Hatha Yoga Teacher, a Certified Acu-Yoga Teacher for the Acupressure points, and a certified Pilates instructor and certified Ayurveda Physical Healing instructor. In addition, she has taken numerous advanced courses in Pilates, Yoga, Somatics, QiQong, Tai Partner Yoga, Healing Touch and more. She has been teaching baby boomers how to take better care of themselves for the past seven years. And you can visit her at her web site at www.healthyboomerbody.com and you can contact her via the site.

Okay Kathi, you've got, it sounds like, a lot of really great information to share with us after all of that wonderful experience you have. Let's begin by talking about stress.

Kathi: Sure, did you want to talk about the Kaiser Permanente's study about stress and its effects on our health?

Dotsie: Yes, let's talk about that. It was a study that was ongoing for twenty years. And they reported that 70 to 85% of illness in America is caused by stress. And I think that a lot of us, I know I have read this in articles during this past year that are online and I'm sure that some of us have heard that statistics. Do you want to tell us a little bit about that?

Kathi: Sure; thank you for asking. I'd love to because I think everybody just has heard the word stress so many times that is kind of loses it's affect. But really, this study proves that that many illnesses in the US are "caused" by stress. It didn't say aggravated, it said caused by stress. Now their recommendation, which they, by the way, also sent to President Obama for his inclusion in healthcare reform. Their study recommended things like having health insurance cover preventative therapies like QiQong, Yoga, Reflexology, Acupuncture, meditation. They also recommended starting with the nation's schools which I think is an important point. Teaching our children breathing techniques that are used in QiQong and Yoga, and teaching meditation, so that our next generation would have the tools necessary to deal with stress better than we currently do, is just really very forward thinking, and I am happy they recommended that.

There have been some other significant studies as well. Bill Joy, the Chief Scientist at *Sun Microsystems*; he's done some studies and he explains that the speed of change is doubling every eighteen months. And it will only increase in coming months and years. And change is stressful. Even good change. If you think about having a baby or getting married; those are good things. But they can also be very stressful. And the stress that we have faced is nothing compared to the next generations challenges.

Dotsie: Yeah and that really frightens me. It is very true. Like a lot of people who are very busy doing fun, happy things are also stressed because there's so much packed in and there's no down time.

Kathi: That's right. That's the biggest problem. Technology has changed our lives. I mean, just think about cell phones. Ten years ago, not very many people had them. Now not only does everybody have cell phones, but there are Blackberry's; you can check your email, all teenagers are texting. It's just incredible. And all of this change means we have to learn new techniques, and that there is less downtime. It takes a lot of energy to keep up with all of these new skills. The good news is that stress is easily preventative, though. That means 70% of all of the illnesses can be prevented easily if we just change our focus toward prevention instead of just coping on a daily basis like many of us do. Dr. Dean Ornish; he's the famous heart disease doctor. He's done a lot of studies about the effects of stress on our immune systems. And most of his studies point to something that we all end up doing. As the day progresses, we talk shallower, and shallower, breaths. You know, we start talking faster, we're talking on the phone, we're not really breathing deeply, and then all of that

causes the levels of oxygen in our blood to be less and less and less as the day goes on. Oxygen contributes to proper metabolic functions, circulation, digestion, elimination, and all of those functions are reduced, or unable to happen normally when we are depriving ourselves of that oxygen.

Such a simple thing as stopping once an hour and taking a breathing break; you know. Just stop and take a few deep breaths. You can set your calendar on your computer to ding and remind you every hour. You can set your watch alarm. That's a very, very simple thing to do, but has powerful benefits. Prevention really is what we all need to look at. Prevention of all diseases is much easier than we think now. For instance, I've just joined forces with Fran Drescher with her cancer-schmancer movement. And she's really big on putting out a lot of information, which by the way, you can find on www.cancerschmancer.org. She has all kinds of information there about prevention. There are great recipes on her site, and lots of information about the right foods to eat for prevention of certain cancers because all of us are prone; may have histories, family members who have had cancer, and other diseases. So healthy diet, nutrition, exercise, things like that plus there is also a lot of information about taking charge of our own health care which is something that I also recommend.

Dotsie: Right and that's something that, ah—it's actually one of the trends I mention when talking about baby boomer trends, is that our generation just doesn't want a doctor. We want a doctor who is going to work with us. And it's different than our parents generation when they would go into the doctor's, and I remember doing this with my mother, and the doctor would tell her something and she would say, "yes sir, yes sir, yes sir," and anything he said, was what she did. And our generation is very different because pretty much we go in with our own diagnoses because when we start having symptoms, we go online and we start Googling and we go until we find something and say, "oh yeah, that's what I have," and then we go into the doctor's and we say, "Well, this is what I think I have." We want a doctor who is going to work with us and not just direct us and kind of order us in how to take care of ourselves. So that's important. It's good to know about the prevention and we all know that; and that's what you're going to help us with today.

So you have two quick and easy techniques that have been proven to lower blood pressure. And I recall, I want to say like twenty years ago, my mom and dad talking about aunts and uncles, and themselves, whose blood pressure was creeping up, etc, and of course now, the crazy thing is I have family members and friends from my own generation, who are taking blood pressure medicines. So its definitely the boomer's time to really start considering more preventive ways. So can you tell us those two quick and easy techniques?

Kathi: I'll be happy to and you're right. I have found in my teachings and trainings as well that we boomers, you know, we know our bodies, and we know

we know them better than some doctor who sees us once a year. So we do go to these appointments much more informed than our parents did.

So for high blood pressure, I am amazed at the numbers of people that are taking high blood pressure medication. And right now, very popular among boomers who don't want to take medication, they want to be in charge of their own health, is a machine called RESPeRATE. It's very popular and being sold all over and it reduces blood pressure without medication. The way it does that, it uses music to slow down your exhales. So you begin by breathing in and breathing out in a certain pattern, and they keep changing the music so that you then automatically—you just wear these headphones attached to this machine and that works on slowing down your breath. But there is a Yoga breathing practice called Brahmari Breathes, which is named after the Brahmari Bee because you sound like a bee when you do it. And in India, this is used exclusively for the treatment of high blood pressure, which works similarly because when you combined longer exhales with Brahmari Breathes, you get double the benefits. And it's very easy, it's very simple to do. Children love it. It works great. We can actually do it right now. You told me, Dotsie, that you're having some trouble with insomnia and also that's one of its many benefits if you do it right before you go to sleep. It relaxes you enough to be able to sleep.

Dotsie: So are you going to teach us this breathing technique?

Kathi: I am. It's really quick. It's easy. So if you would just sit comfortably with your spine tall, your feet flat on the floor. Relax your shoulders. And then raise your hands up with either your pointer fingers or your thumbs, on those little flaps that will close off your ears when we get started. Whatever is more comfortable for you because you want to make sure your shoulders are relaxed. So use your thumbs or your fingers. So just gently rest your tongue on the roof of your mouth so that you don't clench your teeth. You can actually have a slight space between your upper and lower teeth with your lips closed. That seems most comfortable for people. When it's time, we're going to close our eyes, inhale deeply through the nose, and then exhale making a humming sound while blocking off our ears. So what this does is vibrate the pituitary gland which is in the center of your skull between your ears. That's why the humming with the ears closed off is important. So let's all try it once right now. We'll just inhale deeply and block off the ears and hum, making an exhale with a hum sound. <pause while doing exercise>. So you can see that it sounds like a bumble bee inside your head, is what it sounds like. And if you do at least three rounds of that, inhaling and exhaling, I usually say four or five is better, but at least three, it has amazing effects. It lowers your blood pressure, and it's used for anger management, anxiety, and to help you get a more restful sleep. So try it tonight before you go to bed and see if it works.

Dotsie: Okay and the whole idea with this is, people can be on this call and unless we do these things, it's not going to help us. We can hear all of this that

we want, but unless we're going to make the changes, you know, we're not going to be changed! Right? I mean it's just like anything else.

Kathi: Exactly.

Dotsie: Right, so there are two quick and easy techniques. Do you have an idea on the price of that RESPeRATE?

Kathi: Oh gees, I don't have that info in front of me.

Dotsie: Okay, that's alright. Everyone knows that they can go to Dr. Andrew Weil's Web site at www.drweil.com/. Let's move on and talk about why it's so important to start retraining our bodies to regain that youthful health, and maybe talk a little bit about the muscles and how they've forgotten to relax, just because we're so typically so stressed out.

Kathi: Yes, people don't even realize how stressed out they are until you start to study the muscles in your body. There is a modality called *Somatics* and it's entirely based in retraining muscles. Because what happens as you can imagine after many years of, say, staying in the same job, the one that easiest to recognize is if you're sitting at your computer all day, as the day wears on, the muscles in your shoulder and neck usually just tense, and tense, and tense, and tense, until they're just tense all the time. This can also happen after an injury. Sometimes if you injure one arm or one leg, or one part of your body, then you tense muscles in another part of your body to compensate. And then when the injury is gone, your muscles don't know that it's gone and they continue to be so stressed.

Another thing is that people who stand all day will often have lower back muscles that is just tensed constantly, and you don't even know that they're tensed constantly until you start going to a physical therapist or someone trained in *Somatics*. The whole idea is that we can re-wire those brain circuits with a few simple exercises that will teach us how to relax those muscles again because that's what happens. It's been so long since they've relaxed that the circuits don't work any more and you just have to re-wire those circuits again.

So I have a couple of suggestions, references, for folks who might be interested. Thomas Hanna, is the one who began *Somatics*. And the site, where you can find out more information, www.somaticsed.com, and there's also a book I recommend and it's written by Thomas Hanna. It's called [*Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*](#). He not only explains why this works, but he also gives you exercises in that book; which is why I like it. It's available on Amazon, as well as, on his own site.

Dotsie: Okay, so everybody got that, Thomas Hanna and the site was www.somaticsed.com.

Kathi: Yes.

Dotsie: Okay, very good. Anything else about that before we move on a little bit?

Kathi: No I think really, it's just a matter of re-training those muscles. There is a tip which I will be happy to give those on the call right now. It's another quick and easy technique that can be done to reduce neck and shoulder tension, because that seems to be a big problem for many people. And again, it's very easy; it's just a matter of making sure that you set your alarm, or something, and do it.

I recommend that if you start feeling that 3:00 O'clock slump, that's always a good time to stop and do this. We can actually do it again, right now, if you're sitting tall and feet flat on the floor again. Take all of the fingers of both hands and curl them; feel along the back of your shoulder where it meets the neck. There's a very thick muscle there. If you feel and squeeze, you can feel that very thick muscle. So the idea is that you want to breathe deeply because that's going to be really key for this. Take your fingers of both hands and squeeze that muscle while you're breathing deeply. Squeeze it as hard as you can. If you have a little bit of discomfort, that's okay. If it is very painful, then you want to let off a little.

Dotsie: Now Kathi, how are you doing this? Are you putting your arms around your back, or are you looping them over your shoulder? How are you doing that?

Kathi: Just reaching the hand up so the elbow is kind of hanging out in front of me and just curling the fingers around and squeezing that muscle.

Dotsie: Okay.

Kathi: And while you're squeezing and breathing deeply, the muscle says, "Oh my goodness, what's happening? What are you doing?! Blood! Come here quickly!" So all of the blood rushes to the area that you are squeezing and because you're breathing deeply, you're sending fresh oxygenated blood to that area, and that's what the problem has been. It's stiff and tight in your neck and shoulder area because the muscles have been tensed, and you haven't allowed the blood to flow there. So if you just do that for about a minute while you're breathing deeply, that makes an enormous difference. Then when you let off, just rub it a little bit, and you'll notice that your shoulder area is warmer because you've increased the circulation there.

Dotsie: Isn't that amazing? I think that's just amazing. I have to tell you that I totally believe that we can train our bodies insides and the outside, to change just because personally, I've always been a walker, but I've never really ran. This summer I'm walking with a friend who ran a marathon but she kind of just did it

as a goal. She didn't do it because she's a runner. She just trained and did it. So anyway, she has me doing some running. We go to this track a couple of days a week. Other days we walk, but a couple of days we go. And when I started running, oh my gosh, I was just like just exhausted after doing a half a lap and just like, oh, how am I going to do this? It was no fun. And we've been doing it now for almost two months; this whole walk-run routine, and I've trained my body. I mean because I can do it, and it's pleasant, and I enjoy it; and it's just hard to believe. So, you know, my lung capacity is probably better, my legs feel stronger, I have less stress in my shoulders because I really try and swing my arms when I run, and so I totally believe in re-training.

And then the other thing that I want to mention that I do, and I don't know whether you agree with this or not, but I'll just throw it in. I carry tension in my shoulders and one of the things that I do is that I hang. I just hang from a bar that is higher than I am, and lift my feet off the floor, and it just pulls everything in my shoulders out, and just stretches everything. I'm telling you, it just makes me feel so much better. So I just thought I would share that. I don't know if that's a good thing, or a proper thing, but it definitely works.

Kathi: Oh it's definitely a proper thing to do because it does just that—it stretches out all of those muscles and if you're not tensed, then your blood can flow to that area again. And probably, it is a little bit of a strain for you so you are breathing better when you are hanging. That is hard to do for a lot of people though. There are so many different ways of bringing the fresh circulation and releasing the tension in those shoulders. There is something for everybody. And by the way, I wanted to mention, you were talking about your new little pattern of the run-walk, run-walk. Did you know that recent studies have shown that that type of pattern is much better for you instead of all walking, or all running. If you want to loose what many of us have, this sort of "waist," the latest study says you're doing the right thing!

Dotsie: That's what I'm working on...that and anything, so that's good to know. Okay, let's move to another part of the body and that is the hips. I know friends who have been diagnosed with osteoporosis and I just think, oh it just sounds like it should be the generation up from us, but it really is happening to our generation. Osteoporosis, and arthritis, etc. So you have a way of removing that welcome mat for osteoporosis, and does this work if you already have it?

Kathi: Actually, yes. Most doctors will tell you that you can gain back bone loss through exercise. In fact, in one of my classes last year I had a 77-year old woman in one of my classes, who gained back—now she practiced every day between the classes; she was "*queen of the classes*," she was very dedicated—but she gained 7% in her hips, and 3% in her lower back of the bone loss she had the year before. So it is possible to use exercise to gain bone back. And only your doctor can advise you on the best solution because it depends on how much bone you've lost, really. But there are a few things in a way of prevention

that we can all do, as well. Remaining active is really key. And walking, or doing what you are currently doing, the sort of walk-run, walk-run, that's one of the best exercises. It's fun, it's weight bearing, and it gets your outside with the fresh air. I really recommend that.

But also, along with that, some simple leg exercises because what I have found is that it's really important to keep the hips open and flexible along with the weight bearing. So to really remove that welcome mat outside the door of your hips, some simple leg lifts, and leg circles, which are done slowly, and match your deep breathing, so just a really, really, slow deep breath with slow leg raises, and leg circles, I recommend doing five or six of each, on each side, every day. Even if people are tired when they get home from work, and they don't want to take time out to do an exercise program, a lot of the exercises that I recommend can be done while you're lying on the couch watching your favorite TV show. And most people do do that. You know, they're exhausted, but they want to see "*Dancing with the Stars*," who's going to win, or...some other, whatever you're favorite show might be.

Dotsie: Right! Right!

Kathi: These can be done while you're watching TV. So it's very little effort, but again, the important thing is the prevention so you want to keep those hips open, and flexible, and moving. And all of these things need to be done with deep breathing.

Dotsie: Okay now Kathi, let me just ask you, what position are you in when you're doing those leg lifts and those leg circles? Are you lying on your side, with like your arm up and you head on your arm, or are you standing up, or how do you recommend that?

Kathi: I think the best way and what's easiest for most people is to lie on your side and you can either be up on your forearm, or you can have your head in your hand and be on your elbow. Whatever is the most comfortable for you. The important thing is that you want to make sure that the rest of your body is comfortable so that you're concentrating only on those leg muscles, rotating that leg in the hip socket, not throwing it around, and not using your hip to sort of guide it around, but just rotating that leg in the hip socket; that's the idea. You want that range of motion. A lot of women will feel no pain, but they'll hear this popping noise when they're doing these exercises. Please don't worry about that. If there's no pain; it's okay. It's just that you're a little stiff there. And so you're letting a little air out of those pockets when you're doing it, and the more you do it, the less that will happen because you won't be so stiff there and you'll get more range of motion. And that's something you can also do with your arms if you find that your shoulders are where you have the most problem, the most stiffness. Slow circles, any time of the day, you know you can stop and do those anywhere and people will just think you are releasing the tension in your neck

and shoulders. Go one direction, and then the other direction. Five or six in either direction with either the legs or the arms. Simple things that we can all do; we just have to make a pattern; make a new habit of doing them and they work really, really well. They have amazing long-term benefits.

Dotsie: Okay now you mentioned air pockets. Just imagine people who hardly move their arms or legs and so I guess that's why it is more difficult. I mean what? Air builds up in certain spots when we don't use those muscles?

Kathi: It's really, it's just a little bit of gas and I just didn't want to say that!

Dotsie: Okay, air, gas, same thing!

Kathi: Yes, it's a chemical reaction from the blood and the oxygen, and what's going on in your system. So it's a perfectly natural thing if you're a little bit tight to have that little, sort of, popping sound, which is just the air coming out; in the beginning when you are stiff. But as I said, the more you do it, it goes away and you're building stronger muscles as well, in your legs. And that's just really important for long-term health benefits.

Dotsie: Okay, let's move on to memory and concentration. This is really of interest to me. My father-in-law has Alzheimer's, and I know that this whole brain drain, and training our brains to remain active, and doing the Sudoku's and all that is so big for boomers right now. There are people creating these mind games for us to play online so that we won't end up with dementia and Alzheimer's, at least as early as, or as severely as, our parent's generation. So I'm to learn what the three best exercises are for improving memory and concentration.

Kathi: Yes, and you know, crossword puzzles and Sudoku and that; they're really good, but not everybody likes doing those. I don't.

Dotsie: I don't. I surely don't. But you know what? My dad, God love him, and he's not the one with Alzheimer's, he's the one with mobility issues, but oh my gracious, he does the crossword puzzle and that Sudoku every day, and even has books of them, because he just thinks it's helping him. Because actually, his brother died of Alzheimer's, so he's trying to keep his mind sharp, God love him. I'll be over there and he'll be asking me questions and I'm like, I don't know, dad! But he just faithfully does those things, and he thinks it's helping him. So what can we do?

Kathi: Well, it IS helping, it is helping, but those aren't the only things. That's what everybody has been saying for years so that's why people like me who don't like doing them are looking for other things.

There is a strong body of medical evidence now that suggests that lifelong stimulation is the key to building and maintaining the brain cells. It staves off memory loss and even prevents Alzheimer's. So researchers found that doing interesting work, whether it's paid or volunteer, or pursuing hobbies and engaging in social activities. You know, I always have people go back to their childhood and think about what they used to love to do as a kid. Because you know, you stopped doing it because you got really busy with college, and then raising a family, and having a job. But you can go back to it now. Now that the kids are older, or even grown. Also, challenging our brain isn't just with crossword puzzles.

If you always wanted to play the piano, well, that's a perfect thing to start doing now. Or take voice lessons, or learning a foreign language, or a new computer program. There is a site out—you mentioned there are all of these people who are coming up with these brain games—if you're interested in computers, there is a site called www.positscience.com and if you add a backslash with "brain," www.positscience.com/brain, you come up with games you can play, articles with more information, and you can sign up for their newsletter and get free tips all the time.

Dotsie: I've heard of them. I've been to several like boomer conferences, and they often either kind of sponsor a conference, or they have a spokesperson from their company to talk about what they're doing for boomer brains.

Kathi: Yeah, I've played a couple of their games and they're kind of fun.

Dotsie: Yeah, that's me. I'm glad you mentioned that.

Kathi: Also, taking a Yoga class might be something that would be interesting to boomers and balance poses are helping the same portion of your brain that you need for concentration and focus. So if you practice balance poses regularly, you're helping your concentration, as well as improving your balance which actually is double duty there because as we age, our balance often isn't what it used to be. But focusing on that part of the brain for those poses, that's one of the things that I recommend and a lot of boomer women love doing balance poses. It's almost like dance. If you took ballet as a child, it feels similar to that. So I do recommend that; taking a Yoga class. There's so many choices out there for people.

Dotsie: Okay so when you say the three best exercises; can you just kind of say what those three are for improving memory?

Kathi: Yeah, it would be to challenge yourself by learning an instrument or voice lessons, or a computer program; something that you love to do. Then taking the balance Yoga class with balance poses. And then also, pursuing an interesting hobby or volunteer work, or even a part-time job that is something new and

different that you haven't done before. That's really key because the lifelong stimulation is what maintains and makes new brain cells. And the one last bit of that is, that anything that you do like this, do it with a smile, because the positive emotional state is also been shown to have a huge effect on memory and brain cells. So keeping a positive, emotional state with all of these things. That's why I suggest going to your childhood and finding a hobby that you loved then, that you'll do now. Because if you love it, you will smile when you're doing it and it will feel good.

Dotsie: Right and that takes us into laughter. You want to talk about that a little because we're coming up on a quarter of, and I want to get the last couple of questions in, but I also want to have time for a couple questions in case anybody has any.

Kathi: Yes, I love talking about laughter. There have been so many studies about how important it is. You know, laughter is really the best medicine. It releases endorphins into our systems, and just a 12-minute laughter session, like watching an old 3-Stooges movie or something, has amazing benefits. It fills our lungs with oxygen, clears the breathing passages, it's important for people who don't get enough aerobic exercise because of that. We also, when we laugh, release a cocktail of hormones and chemicals that have powerful effects on reducing stress, blood pressure, depression, and your immunity is boosted. Laughing just ten minutes a day has been proven by some studies to reduce your risk of heart disease by 10%. Releases endorphins and T-cells. T-cells are those little pack-man cells that eat up the bad cells in the body like cancerous ones. There is Norman Cousins' account of how he healed a terminal disease with laughter. He actually watched Marx Brother's movies. His book, *Anatomy of an Illness*, is available on Amazon as well as, if you Google Norman Cousins, you come up with his site. It tells all about how he did that and the research behind it.

Dotsie: Wow, I've never heard of that one.

Kathi: And the other thing that laughter does is it helps raise our levels of Vitamin D. And Vitamin D right now is the largest vitamin deficiency that any Americans have. It's just an unbelievably large amount of people right now who are deficient in Vitamin D, and many of them don't even know it. It may be because we've all had the sun-screen scare. You know from cancer issues, we've been plastering ourselves with sun screen, but we really do need about 15 minutes a day of sun before we put the sun screen on to help our bodies to make Vitamin D. So that's another reason that laughter is really good because it also increases your Vitamin D.

Dotsie: Okay good, alright. Now let's see. I've heard you say that we need to throw away the scales. Do you want to tell us a little bit about that? I'm sure everybody will want to hear this.

Kathi: Yes, well if we are all honest with each other, we'll be able to say that really how we look way is way more important than what we weigh. We all feel that way. And I do advise my clients to at least lock their scales away in a closet for about thirty days, and work on building lean muscle. A lot of the things that we've already talked about on the call, the leg lifts, the leg circles, the walk-run, biking, swimming; a lot of those things build lean muscle and lean muscle burns more calories. That's our goal. We want to be able to eat the things that we love; not a whole lot of bad things, but we sort of want to balance that with building lean muscle. It provides long-term benefits, also of warding off osteoporosis and osteoarthritis. So that's the kind of the importance of throwing away the scale. We don't want to get preoccupied with what we weigh. The important thing is to concentrate on how we look and feel, and making sure that that is inline with our beliefs and what we want, and changing habits that will help us to look the way we want. When we look in that mirror and see the reflection coming back at us, there's a lot of different ways to do that and it doesn't necessarily include all of the latest fad diets.

Dotsie: Well that's something else that you talk about and that is starting small. I think sometimes if we haven't exercised in a while, we kind of bite off more than we can handle. And then we end up kind of burning ourselves out. You recommend kind of doing the opposite where you kind of just start small, like maybe start with some of the exercises you've mentioned on the call, and then add the walking, then maybe the walking-running, and just try to take baby steps.

Kathi: Yeah, any good coach will tell you that it's really for long term effects; that's what you've got to have. If you start out big, you're going to get disappointed. But if you set small, achievable goals, and then reward yourself for all of those achievements and successes, then you're going to feel good, you're going to notice some difference, and you're going to want to continue. And that's the whole idea. You don't want to push yourself, like you said, then everybody gets discouraged, and then they give up. That's not what we want. The recommendation of trying something for thirty days; there's good, scientific evidence that backs up why that works. So it's not just a number that people are throwing out there. Trying something for thirty days makes it a habit. It rewires your brain so that it becomes part of your daily habits, and then, you can add another one. But try it for thirty days before you add too many. That's a really good rule of thumb.

Dotsie: And then last before we take questions, you talk about meditation and that just sounds so refreshing and so important. Do you want to talk about that a little bit?

Kathi: Sure. It's one of those things that people say, oh I can't do that. Or they say, I don't have time for that. Because people think that meditation is difficult. But you know what? Everyone that has ever tried it has had trouble with not

engaging your thoughts, at first. It just takes practice. If you make up your mind that you want to try it—huge, huge benefits. There isn't a master or a teacher out there that doesn't tout the benefits of meditation. It's powerful at calming your mind, releasing your creative abilities, and shutting down the judgmental critical brain allowing our unconscious mind to take over. And it is easy. You don't need to sit for hours on end, or to completely shut down your mind, and when you're starting out, it is a matter of just simply sitting in a chair, and maybe counting your breathes, or maybe taking notice of how the breath feels coming in and out of your nose. It might feel chilly on the way in and hot on the way out, or just concentrating on the breaths for ten minutes makes a huge difference.

Dotsie: Okay, so we've gotten quite a few good ideas here, and I'd like to open the line up at this point in time for questions and answers because I'm sure that someone may have one or two. So does anybody have a question for Kathi before we close the call for the day? <pause>. And sometimes it takes a couple of minutes for people to speak up, so we'll wait a second and then we'll go from there. <pause>. It's possible there isn't a question, and we can hang on for a few more minutes, but in the meantime, there is a question Kathi, that I wanted to ask you. And I know this isn't your area of expertise, but I have a feeling you can probably speak to this; and that is supplements for our generation of women.

Kathi: Oh God, there's just so much out there about, "*you need this, you need that, you need the other thing.*" You know, I really think that this is just something you need to talk with your doctor about. And then not just say, what do I need, but I have lack of energy, here's what I'm taking. Is there something I should be taking that I'm not. Make it a real discussion. Tell him everything that you're taking, herbal and not, and what issues that you think perhaps are not as good as you would like them, like not sleeping at night, or not having enough energy, or maybe having too much energy. There may be something in the supplements that you're taking that is—some of them, believe it or not have caffeine. And a lot of them have ginseng, which is also something to make you agitated. So that really, I advise on an individual basis, you need to take your list, and what you think your body is doing, to your doctor and get concrete advice. Or a nutritionist can also help you with that if there is one that you have, that you use.

Dotsie: Okay. Let's wait and see if someone has a question, and if not, I have one more question and then I want to comment on the download that you have for women on the call. So does anybody have a question? If so, feel free to speak up. <pause> How about sharing a little bit about the free download. Now we did send the link to anyone who registered for the call, but if you want to mention; do you have that Web link handy, Kathi, and if not, I can look it up real quickly?

Kathi: I do, I know that one! When I chose it I thought it was pretty clever.

Dotsie: It made sense. That's right, that's right. Okay why don't you tell us that link and tell us what they will find there.

Kathi: Okay, it's www.fitwomenboomers.com. What we all want to be!

Dotsie: Okay so it's www.fitwomenboomers.com and tell them what we'll find at that link.

Kathi: What you'll find there is a fifteen minute practice for insomniacs. It is a Acu-Yoga which is Yoga positions that you also either press with your fingers, or by pressing your body into the floor, your pressing on vital acupressure points. And it's just a very quick, simple, easy routine that you can do before bed to help you sleep. So I'm offering that free to anyone on the call. Hopefully, you'll have pleasant dreams after that, and also don't forget Brahmari Breathes; the instructions that I gave you earlier, that is also a very good way to improve your sleep at night; not only to help you fall asleep, but to help you remain sleeping all night which is another issue that boomer women sometimes have.

Dotsie: Yes, absolutely. Okay, do you have anything else to share? Why don't you tell us a little bit about your book.

Kathi: I'd love to. I'm very excited about the book!

Dotsie: Okay.

Kathi: I'm planning the Amazon release for August 25th, so for the couch potato in your life, buy them the book on August 25th. It's called, "Get Off the Couch, Potato!" and it's a 30-day powerful program with easy, simple exercises. Some of them you've heard a little bit about on today's call like the leg lifts, and the leg circles. My little whimsical couch potato shows you how to do those as he is lying on his couch watching Oprah.

Dotsie: Perfect!

Kathi: So there's just a lot of good information in there about fitting fitness into your life. If you're busy, and you feel like you don't have time to go to the gym, or time to exercise, there are certain things that you do on a daily basis like brushing your teeth. And you know, if you have one of those electric tooth brushes, you're kind of just standing there letting the tooth brush do all the work. Instead, you could do a little jig while you're standing there. That burns calories, it makes you feel good, usually it makes you laugh too so you release all of those endorphins. So there are just a lot of wonderful tips in the book for anybody that wants to start somewhere. It's really a starting point, is what it is.

Dotsie: Okay, and tell us your Web address, Kathi.

Kathi: Yes, it's www.healthyboomerbody.com

Dotsie: Okay, alright; unless you have anything else to share, I just want to thank you for being on the call and I love your laugh!

Kathi: Oh thank you, it's contagious!

Dotsie: It is! And I really enjoyed having you on and I appreciate all of the good information you gave us. So thanks so much!

Kathi: Well thank you!

Dotsie: Oh you're welcome, it was my pleasure. Thank you everybody for being on the call and have a good day!