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A Healthy Diet for Men

I think I heard someone. Did I hear you say, "I'm not giving up my meat, snacks or mac n' cheese for anybody." Oh really? Would you give it up for your health and your life?

Life and death decisions are a conversation for next time. We're here to talk about a healthy diet for men. And believe it or not, we can have a diet that's healthy and tasty.

Here are a few examples. According to the Academy of Nutrition and Dietetics. Men should eat 2 cups of fruits and 2 ½ cups of vegetables each day. They provide vitamins, minerals, fiber and phytochemicals.

Whole grains. Eat at least half of all grains, as whole grains each day. At least two to three servings of fish per week.

You should eat unsaturated fats. Including nuts and oil-based salad dressings, in place of saturated fats.

"Exercising as you age is vital. It may even save your live."

As I contemplate the content of this month's newsletter, my mind is swirling as I think about all the events that have happened in the past 30 days. It's almost unbelievable. If I hadn't seen it for myself, one would think we were living a soap opera. I won't even mention Covid-19. That's a book I'll write one day in the distant future. My goal this month is to stay focused on our health and wellness. Anything else would be too much to bear. Why relive it?

In last month's newsletter, I said I would give a follow-up on my eye appointment. The good news is, my eye sight has not changed. That was great news for me. How about you? Have you had your physicals yet? I know we are in the 10th month. But that darn Covid-19 has put everyone behind the eight ball.

I had my physical on 10/5. That was a horse of a different color. My normal doctor is only doing telehealth. So, I saw a new doctor. I went with the mindset of changing doctors, if this doctor was more efficient. He was much better than my regular physician. He went through last year's vitals and test. My old doctor never did that. My right eye is smaller than my left. He said it was Bell's Palsy. My old doctor never mentioned this issue. Even though he's examined me for five years.

He also said I should be careful with the Andro-gel I use. It's for people with low testosterone levels. He said it may affect my kidneys. Again, my old doctor never mentioned that to me. I think you get the message. By the way. My BP was a little high. Clinics don't allow you to sit still for 15 minutes before they check your vitals. If they did, I would've had better BP readings.

I really hope this is helping someone. I know how hard it is for men to share their medical information. That's why I try to be so transparent. I believe, if I share my medical reports publicly, other men will at least share theirs with a spouse or family member. I can't stress enough; how important it is for men to be up to date on their physicals. That special lady in our lives will visit their doctors without hesitation. Men usually won't go unless there is a major problem. And that's our biggest mistake. We wait until we can't take the pain anymore. At that point, we either need surgery or some really heavy drugs. So, my brothers, I hope I struck a nerve. No matter the outcome, go to your doctor. Take it straight, no chaser.

High Blood Pressure Symptoms

Blood pressure is the pressure of blood pushing against the arteries. Your arteries carry blood from your heart to other parts of your body. (CDC)

We measure your blood pressure by measuring two numbers. The top number is call Systolic and the bottom number is call Diastolic. The first number, Systolic, measures the pressure in your arteries when your heart beats. Diastolic, the second number, measures the pressure in your arteries when your heart rest between beats. According to the CDC, a normal blood pressure level, is less than 120/80.

Hypertension, also known as high blood pressure, is blood a pressure reading higher than normal levels. Because of our daily activity, you blood pressure fluctuates through the day. When your blood pressure is consistently above normal, one may be diagnosed with high blood pressure.

I was diagnosed with high blood pressure when I was 32. I traveled constantly and ate horribly. As many of you know, my high blood pressure turned into heart disease. I wish I knew what I know now. It would have saved me a lot of heartache.

Listen up fellas. Now that we have our physicals out of the way, it is time to recommit to our bodies. I want to make sure our readers remember this point. When I talk about physicals and working out, I am talking to myself too. It motivates me to get on the treadmill and walk for 30 minutes. By the way. If you want to lower your BP, working out is a great way to reduce your numbers. But check with your doctors before you start any workout routine.

When it comes to working out, the most difficult thing is to Just Do It! I have had workout stretches of four to five years. Then boom, the bottom drops out. Then, it becomes impossible to get off the sofa. I literally talk myself out of that day's exercise. Before you know it, a month goes by without working out. Does this sound familiar? I know I am hitting a nerve. But do not be afraid, I will hold your hand.

Step one: choose a time of day that fits your schedule. I do not want to hear anything about the season of the year. The Fall season should remind you of your youth. When you played H.S. football or those breezy walks home after school. Don't worry about how you look either. Those old shorts and tee shirts will do fine. Again, the point is to get that workout in.

Step two: if you have not worked out in years. Do not work out to hard or for extended periods of time. Remember, it is your first time out. You should take it nice and easy, try a 20 to 30-minute walk. You will have some aches and pains. Just remember to stretch after you exercise. Take a bottle of water with you, we must stay hydrated. The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is: About 15.5 cups (3.7 liters) of fluids for men. About 11.5 cups (2.7 liters) of fluids a day for women.

The most important thing about working out is repetition. Select a time each day you plan to exercise. Some people workout best in the morning. My wife works out every morning, like clockwork. She makes me sick. Her daily workout discipline is beyond me. Every day, like a baker making the doughnuts. Enough about her.

Here is a weekly, beginners walking workout routine for men over 40. (Verywell Fit)

- Week 1: Start with daily 15-minute walks, at an easy pace. Weekly total goal, 60-75 minutes.
- Week 2: Add five minutes a day, so you are walking 20 minutes, five days a week. Weekly total goal: 100 minutes.
- Week 3: Add five minutes a day so you are walking for 25 minutes, five days a week. Weekly total goal: 100-125 minutes.
- Week four: Add five minutes a day, to walk 30 minutes, five days a week. Weekly total goal: 125-150 minutes.