

## NEWSLETTER, SEPTEMBER 1994

### PROMOTIONS:

TO NOVICE RED BELT: AMANDA BOROVIKA  
TO RED BELT II: BRANDT WARD, ROBERT SEDLOCK, CRAIG PHILLIPS  
TO RED BELT III: ERIC PHILLIPS  
TO RED BELT IV: GEORGE ERASMUS  
TO RED BELT V: STEPHANIE WRIGHT  
TO BLACK BELT II: PAUL MANDZAK  
TO BLACK BELT III: DR. JAMES PHILLIPS  
TO BLACK BELT IV: TROY SCHULTZ  
Congratulations to all.

### ON HEALTH AND FITNESS

Recently a friend and former colleague of mine died of a massive heart attack while playing handball. He was a fitness buff in his late sixties, who jogged regularly, played handball vigorously and showed no signs of heart trouble. His case is not unique. Fitness enthusiasts died much younger than Caesar (my friend's name) as did recently a cyclist in his mid-thirties. This brought home once more what I have maintained for many years: Physical fitness, health, and good looks are different from each other. Sometimes, and only sometimes, they go hand-in-hand. Yet, because there is so much money to be made in these areas, the public is often deliberately confused and misled by cleverly crafted promotional ads appearing in the media.

Everyone wishes to live a long and healthy life and people latch onto every new or not so new discovery which makes the headlines and promises to bring about a desirable result, or to help one get rid of bothersome symptoms. This is normal and quite understandable.

The vast majority of medical and physiological statistics upon which these new findings are based, are rarely grounded on a firm foundation because of the inherent difficulty to select truly representative population samples. ANYONE INVOLVED WITH PHYSICAL, CHEMICAL, STATISTICAL, OR ANY KIND OF ANALYSIS, KNOWS THAT THE BEST ANALYTICAL METHODS ARE WORTHLESS IF THE SAMPLE THEY ARE USING IS NOT TRULY REPRESENTATIVE. There is an entire technology of sampling, however, people are not sacs of flour or oil tanks, and the methods for proper sampling cannot be applied to them. Yet, how the few hundreds or even thousands of people selected mostly from the same geographic area, similar environmental influences, similar lifestyles, and often not vastly different genetic make-up, truly represent 260 million Americans, or the 4 billion people inhabiting the Earth, so as to warrant sweeping generalizations? One has to admit that medical researchers must start somewhere and do the best they can with what is available. Also, everyone one of us desires longevity, good health, and wants to get rid fast of annoying symptoms. This is why people are jumping from one health fad to

another. Unfortunately, it is not rare for the profit motive to override scientific ethics and objectivity.

I do not believe that anyone has all the answers. In previous newsletters, as well as in my books I have expressed the opinion that health and longevity depend on our genes, the way we handle strain (misnamed stress), nutrition, and how we use or abuse our bodies, IN THAT ORDER. No one is under contract with God and, if he is, he does not know when his contract expires.

Physical fitness is not to be confused with good looks or with good health. Often they go together, but not always. There is so much we do not know! Yet, there is a valid guideline to follow. Our bodies talk to us and we should try to listen. Forcing them so as to reach supposedly desirable results is rarely a good idea. Physical exertion for fitness must be tempered with common sense and a sense of proportion and values. Else, it will do more harm than good. The recent example of a young girl gymnast who wanted to lose weight in order to be tops in her sport, is a case to the point. She reached the point of no return, where medical science could not save her,

Above all, it is always helpful to remind ourselves that life is a daily gift. There is nothing we can do to change the past, the future is unknown, and we have only the fleeting present to do something worthwhile with it.