

MY STORY... "40 Years in the Dojo"



Sensei Bert Freeman

Over the past few years I have had a lot of conversations in the Dojo with people who have had health and joint pain issues, so I decided to write my own story and I hope it helps everyone to continue the training they love.

OPTIMUM HEALTH

Nutrition and fitness

In the 1980's, after karate training for a few years, it occurred to me that if I wanted to stay healthy and continue the rigorous training that I loved as I got older, I would need to make sure that I was getting the best nutrition that I could find. I didn't start karate until 1976 when I was 31 years old and I wasn't getting any younger!

I began reading and researching all things related to health. I also discovered that the more fit I became, the more I enjoyed the challenges of rigorous karate training. So I started running and weight training more regularly, eventually working up to running an hour most days and doing weight training every week, as I still do today. Although exercise is good for you, I also read that the more you work out the more you have to make sure you protect yourself against free radicals by supplementing your diet with antioxidants as well as vitamins, minerals and Omega 3 fatty acids.

Most of us eat too many empty carbohydrates like cereals, breads, pastas and rice and we don't get enough quality protein, fruits and vegetables to get enough of these essential micronutrients. For optimum health we should be eating 10 to 20 servings of fruits and vegetables every day. That's hard to do even if you use a juicer. It's also very expensive plus the nutritional quality of fruits and vegetables is a lot less than it was 50 years ago because of the poor quality soil that it is grown in.

To make sure I had protection against free radicals I designed a personalized program of mega supplements to take every day along with a well-balanced diet, drinking lots of water and getting enough good quality sleep.

I followed this regimen for a numbers of years, and then along came John Wilson in 2005. I met him at a business association meeting where he was doing a presentation on attaining optimum health. He was selling vitamins, but I was intrigued because he was not a salesman, he was a biochemist. His claim was that the vitamins and minerals that you buy at the drug store or health food store are often ineffective because many, perhaps most, are full of fillers and are not easily absorbed by the body. He said you might as well eat sand! He went on to claim that his high quality product was not only much cheaper than mega dosing regular vitamins but that it was much more bioavailable and therefore more effective. He also claimed he could prove it with a scanner that measures your skin carotenoid level, which represents the amount of antioxidants you have

in your body and is a very good indicator of whether your diet and lifestyle are working for you or against you.

I was already taking lots of vitamins so I said to him... "prove it!" He took a measurement on me and I was shocked to see that the reading was only 25,000, and the optimum was 50,000 or higher. I also noticed that the supposedly healthy 20-somethings in my office scanned below 20,000! He said that my score was typical for someone my age (59) but that it needed to be a lot higher because of my rigorous training regimen. I had been taking my drugstore bought mega vitamins for quite a while and I was disappointed with my score. I told him I would try his product for 3 months to see what happened. My reading went to 37,000 ... up more than 25% in only 3 months! So I decided to switch to the 'LifePak' supplements from Pharmanex. After a while my reading went up to 50,000 and I felt great!

I have been using the product ever since.

Joint Pain

I have experienced lower back pain most of my adult life. I believe it was caused by years of bending over drawing boards as a graphic designer. But now as I was getting older, I was also starting to have pain in other joints, so I tried some supplements including glucosamine (which now even doctors admit provides some relief.) However it wasn't until I tried shark cartilage that I experienced total pain relief in all my joints. I used it for a while and then went off it to see if any pain came back – I had no pain for a year or so and then it started coming back so I continued taking it again and I've been pain free ever since.

What's Next?

In January 2016, a new Pharmanex gene expression based supplement called "ageLOC Y-Span" will be available.

The scientists at Pharmanex believe that it's the most revolutionary dietary supplement ever created because it makes every cell in the body biologically younger by altering the gene expression of more than 1000 genes. Backed by 30+ years of research, some of the benefits based on experience in human trials include...

- No joint pain
- Reduced inflammation throughout the body
- Skin improvement
- Improved blood pressure, cholesterol, glucose, lipid and antioxidant levels

"You are going to age...."

But do you want to get old?"

I know I am going to try it and I'll let you know how it works for me.

Take care everyone.