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-Healthy Questions to Help Make you Healthy...

By Janet L. Hall

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How to Organize the Health Area of Your Life
by: Janet L. Hall

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Many people make New Year's resolutions, only to break them within a week or a month afterwards.

Many people either do or do not set goals for themselves. Some people have no idea how to set goals.

So, let's look at the difference between resolutions and goals.

"Webster's New World Compact School and Office Dictionary" copyright 1994, offers these definitions:

~~ Resolution-1 the act or result of resolving something  
2 a thing determined upon; decision as to future action  
3 a resolute quality of mind  
4 a formal statement of opinion or determination by an assembly, etc.

~~ Goal-1 the place at which a race, trip, etc. is ended  
2 an end that one strives to attain  
3 in some games, a) the line or net over or into which the ball or puck must go to score b) the score made.

Notice # 2 in each definition and let's use 'losing weight' as our example. (I use this as an example because it is the number one New Years resolution).

The statement. "I'm going to lose weight this year" doesn't really have any meaning, focus, or structure.

The statement "I have determined that I need to lose weight and will walk one mile three times a week so that I can wear the new dress/suit that is too tight."

See the difference? See how the second statement has more clarity and structure?

We have determined the problem, decided on the action

we want or need to take, and what end we are striving to attain.

This is the way to focus on a problem, make a resolution, and set a goal.

I call this "Goal–Resolve".

"Goal–Resolve! What is this woman talking about?"

Goal–Resolve: a statement that determines a problem, what action you need to take, and to what end you want to attain.

Below is a list of the recommended traditional health tests and exams you should have, listed with age and frequency of exams. The frequency suggested is for those of you that have no symptoms or any history of risk. Please consult with your doctor to find out if you need to be tested more frequently.

Print out the list and place an X next to the tests or exams that you NEED to GET PERFORMED.

By the way, when was the last time you had a physical?

\_\_\_Physical

21–39: every 3 years

40–49: every 2 years

50–74: Yearly

\_\_\_Blood Pressure

21–74: every 2 years, more often if high or low

\_\_\_Blood Cholesterol

21–74: every 5 years, more often if high

\_\_\_Bone–density scan (DEXA or pDEXA)

40–59: Postmenopausal women with one or more osteoporosis risk factors or who have had a bone fracture and men should consult with doctor.

After 65: every 2 years

\_\_\_ Breast self-exam

15 + : Monthly

\_\_\_ Cancer checkup and health counseling

21–39: every 3 years

40–74: Yearly

\_\_\_ Chest X-ray and lung function test

Yearly for smokers; baseline check at 40 for nonsmokers

\_\_\_ Clinical Breast Examination

21–39: every 3 years

40–74: Yearly

\_\_\_ Dental Checkup

21 + : every 6 months

\_\_\_ Digital Rectal Exam

21–49: not necessary if no symptoms

50–74: every 5–10 years

\_\_\_ Electrocardiogram

40–74: Baseline at 40 and as recommended by your doctor thereafter

\_\_\_ Fecal Occult Blood Test

21–50: not necessary if no symptoms and no family history of colon cancer

50–74: Yearly

\_\_\_ Hearing

21–39: not necessary if no symptoms

40–74: as necessary, every 5–10 years

\_\_\_ Influenza Vaccine

21–49: optional

50–74: Yearly

\_\_\_ Mammogram

21–39: Baseline at 35, then every 1–2 years

40–74: Yearly

\_\_\_ Pelvic Exam/Pap Smear

21 + : yearly

\_\_\_ Prostate-Specific Antigen (PSA)

50 + : Yearly

\_\_\_ Sigmoidoscopy (colon examination)

21–49: not necessary if no symptoms and no family history of colon cancer

50–74: every 5 years

\_\_\_Skin Exam (for signs of cancer)

21–39: self–exam every month

40–74: yearly by dermatologist

\_\_\_Testicular Self–Exam

21 + : monthly

\_\_\_Tetanus–diphtheria (Td) Booster

21 + : every 10 years

\_\_\_Thyroid–stimulating Hormone Test

65 + : every 3–5 years

\_\_\_Triglycerides

21–59: every 5 years

60–74: at doctors recommendation

\_\_\_Urinalysis

50–59: every 10 years

60–74: every 5 years

\_\_\_Vision

21–39: yearly if you wear glasses; once before age 40

40–59: every 2–4 years

60–74: Yearly

(The above list was compiled from \*Family Circle\*–

Your Personal Planner, Wellness Guide, Vol. 25, No. 15)

If you are 74 +, please check with your doctor for their recommendations of frequency.

Some other vaccinations that you might need to add to your list are:

~~Pneumonia shot at age 60 and again at 67

~~Hepatitis B for those of you that are health workers or living with a carrier

~~Hepatitis A if you plan to visit Third World countries

~~Cholera, Typhoid Fever, Yellow Fever, and other diseases endemic to areas where you plan to travel

~~Lyme Disease if you live, work or vacation in high–risk areas or are exposed to ticks for any length of time.

(The highest–risk states in the US are those in the northeast, plus Minnesota and Wisconsin)

If you have children or grandchildren, please make sure that they are getting their necessary and required shots.

Call your doctor, dentist, vision and hearing doctors today and set up your appointments for yourself (and any loved ones) for the year.

Schedule a date with a nutritionist and make sure you are eating properly and getting the proper amount of vitamin supplements. Nutritionist in my area charge about \$60 for the first visit. It was money well spent and an amazing experience.

Talk with your doctor about exercise and what type is best for you. It might be as simple as taking a daily walk.

If you're a business or SOHO owner, you **MUST** be healthy to meet the demands that confront you on a daily basis.

OverHalling your problem areas might be harder for you if you are already tired, dragging your feet, achy, sore and don't know what's wrong. OverHalling is not easy! It will take time, commitment, energy, and strength.

Don't let getting healthy become a resolution that you break or a goal that you never accomplish.  
Make it a \*Goal–Resolve\*!

Smiles, not Piles,  
Janet L. Hall

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## **The Importance of Healthy Dog Treats**

**By John Schwartz**

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It wasn't so many years ago when dog treats consisted more or less solely of milk bones, fatty biscuits, and table scraps. Not many options, and virtually none that were healthy. Well, times have definitely changed! Nowadays, savvy pet owners choose dog treats that include greenies, healthy biscuits, and gourmet bones.

Not only are there more options for now, the quality has improved significantly in recent years as well. And with the Internet boom, finding the best biscuits and bones for your puppy is as easy as tapping a few keystrokes.

It's important to note that many pet owners are now advocates of healthier dog treats for monetary reasons as well. They realize that, while they tend to cost more, healthy treats and food actually save money in the long run. A healthier diet over a lifetime results in less disease and illness in senior dogs, which means a smaller vet bill.

It's never too early to start feeding healthy dog treats. Puppy training often includes using a treat to reward good behavior. In one session alone, you might give your little trainee 6–10 rewards, maybe even more. Make them healthy biscuits, cookies, or bones, and you'll be giving your pet a nutritious foundation for a better life.

Experiment with several different kinds of dog treats and you'll quickly learn which are your puppy's favorites. Unlike humans when we diet, dogs seem to enjoy the healthier biscuits and bones every bit as much as the "bad" ones. If only we were so lucky!

John Schwartz is the owner and webmaster of <http://puppies-dogs-supplies.com>. He lives in East Texas with his wife, Shannon, who is the director of a dog rescue 'no kill' shelter.

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