



This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hi, this is Mathea Ford, welcome to the Renal Diet Headquarters podcast Number 22. This is being released on May 21st, 2014. You can find all the links to the information that I talk about today at

www.renaldiethq.com/022 for podcast Number 22.

Wow, it has been such a busy week. I hope you're enjoying whatever you are doing right now, whether it be driving or exercising or just listening. I want to say thank you to my loyal listeners and I also want to say thank you to those of you who are new to this podcast and listening. The downloads have gone up recently so I really appreciate you and any feedback you want to give me. Just send an email to podcast@renaldiethq.com and I will get that and do my best to answer those questions or read your feedback. If you would like to leave feedback on iTunes, please leave a review and that would be greatly appreciated.

I want to get right into the information. We are coming up on the end of May; this month has been about exercise. I want to tell you what I am going to talk about this week.

First thing, I haven't talked about chronic kidney disease and caregiver product in a while and that is because I have been working on it, but I haven't made much progress. This weekend, I have devoted a lot of time to it. I want you to know the regular product is about 130 pages and the last thing I am working on is the worksheets, so the main product is done. The worksheets will be done after I am done with this podcast. I expect that it will be online by Friday, if not sooner, and then all the pre-orders will get mailed out as soon as I get them in from the print shop. So if you pre-ordered, those should be coming soon. I want you to know the early bird pricing, is \$47.00 and will only be available through Memorial Day, in the States, May 26th, 2014. So, if you were thinking about buying it, now is the time because it will only \$47 only through then.

Then after that it is still going to be an excellent price, it will be \$97.00 and I think it is worth twice that. So if you can buy it before then, go ahead.

A little review of what that product includes is on the website at renaldietHQ.com/022. It is about chronic kidney disease, what it is like to be a caregiver, it is about reflexology, aromatherapy, craniosacral therapy, and then it also has exercise information in it and it also has worksheets that will be helpful to caregivers. It talks about whether you are a child or a spouse. It talks about long-term caregiving, long-distance caregiving. I think it approaches most of the things people come across, but of course I am always willing to accept any sort of feedback, and if there is something that you think later, wow, I wish she would have talked about this, I will be giving updates on the website, so you will get access to a digital version and then you will have a physical version mailed to you, if you live in the U.S. The updates will be put on the website so you will always have access to that. That is the first thing I wanted to talk about because I wanted to let you know it is kind of coming down to the last minute if you want that for \$47.00.

Number 2, this week we are talking about mental health and exercise and how they affect each other. So how your mental health is affected by exercise and how exercise affects your mental health.

Number 3 thing I want to talk about is flexibility exercises. Last week I did 5 exercises for you, and this week I am doing 5 flexibility exercises. I am just trying to do some things that are helpful to everyone, things everyone should be able to work into their schedule, I am not trying to go out and be wacky and have you jump up and down and run and walk and stuff like that. I am just trying to get you loosened up and use to exercising a little.

I want to give you a little preview right now about next week's podcast. My friend, [Charlotte Siems](#), is going to come on and we are going to do an interview and she is going to talk about a wonderful product that is called T-Tapp. I know I have mentioned it in past podcasts, but T-Tapp is an exercise program that you can get and is made for especially for people with chronic illnesses and seniors. It is lighter impact but let me tell you, It Makes a Difference. The posture changes and the ways she has you work, you think this is not that hard then the next thing you know you have inches going away and you are able to stick with it. I really love the program. I have been doing it, I am not as consistent as I should be, but I have been doing it and I have seen inches lost. Charlotte lost an amazing amount of weight and clothing sizes and she is a trainer for T-Tapp. We do a little accountability call every week with each other for our online stuff that we do, so I asked her to talk about her amazing transformation and how T-Tapp can be helpful to people with chronic kidney disease. So, I am really looking forward to that next week.

Let's go ahead and get started and talk about chronic kidney disease, mental health and exercise.

As you get older, you may find it increasingly difficult to have a positive outlook on life, especially if you have a chronic illness. There are certain stages of life that are difficult to endure such as losing loved ones, coping with chronic medical conditions and having lower energy levels. I could tell you, this weekend, we went to a graduation, and my children are 8 and 9 my son will be 10 this summer, and I still remember back to the days when I was feeding him in the middle of the night and looking at his little face thinking how am I ever going to let you go to college. So sometimes are more difficult than others, I was feeling for my friend who, is a mom letting her baby go away to college. Not that we shouldn't let them go, but it is a change of life.

So trying to live your life to the fullest may seem to be a daily struggle sometimes, especially with some of the major changes going on. Being happy and healthy as a senior is more than just a physical aspect. It is important that you maintain a sense of purpose and continue to live life as the person you are. The person you know yourself to be. One of the best ways to boost your mental health is to look past the common myths of aging and growing older and remember you are still you, you didn't change. Many times the stereo type's make you feel like your sense of purpose is no longer valuable to society, and the health related conditions are imminent. Yet these ideas are simply not true.

My father for example, is a school teacher, was always a school teacher, he still loves to teach, he still loves to work with my kids and try to teach them things. Just because he got older does not mean he stopped being a teacher.

What you need to do is build a healthy foundation that will help you embrace and tackle your senior years just as you did during your other phases of life. As you grow older building a healthy foundation is important. Your years are just as meaningful now as when you were younger, or in your adulthood and you will offer the same sense of worth to your friends, children, grandchildren and other family members. You did not become less important because you got older, actually in a lot of ways you are more valuable because you have that life experience, even if some of the younger generation don't like to hear it.

To start building that healthy framework, consider these things. Think about the people in your life that you are grateful for. Consider how your relationships with these people have changed for the better. You can now enjoy your children as the responsible adults that they have become. You have grandchildren to enjoy that were not in your life before and relationship with your spouse that has grown out of love and commitment. Now, that is a very positive way to look at things, instead of thinking of what you have

lost, maybe you can't do some things anymore, maybe you are learning to cook healthy and how to do other things, but yet you have children and wonderful grandchildren and now you have time to give them and enjoy them, and not focus everything inward, but also focus outward.

Acknowledge your feelings. It is okay to have strong emotions about getting older. And maybe speaking to a therapist or a counselor or a support group can help you sort out these feelings. Don't avoid your emotions because this will lead to resentment and anger. If you are not one for talking about your feelings, try writing in a journal instead.

"Speaking of journals, I told my son and daughter that one of the things they have to do every day is try to write in a journal for 20 minutes and I think it is just good to get your frustrations and feeling out on paper. I try to, every morning, type into a computer program and I try to write, it is called [750words](#), I just talk about what is on my mind, what I am doing and it is very helpful to clear my mind first thing in the morning.

Make a difference in your health, start exercising, create healthy meal options, shop organic or try a new vegetable every week. Find a doctor that you enjoy seeing regularly and have your numbers checked to ensure you are in good health. Quit smoking, drink in moderation, and take a vitamin if you need to. It is never too late to make positive difference in your health.

Now, that is why I wanted to talk about exercise. Exercise, as we have talked about before this month, releases those endorphins, which are healthy chemicals in your body that make you more joyful and happy and release that extra energy that you can have, and it also makes you have more energy throughout the day. I will tell you, the truth is, exercise is never something in my mind that I enjoy while I am doing it, I wish I could, but it has never been, but it is most certainly something I enjoy after I have done it. So doing that 30 minutes or hour of walking or just whatever. Not necessarily the highlight of my day, but after I am done doing it I really do feel so much better. So think of exercise as helping you mentally and also as a quiet time for you to not be just jamming everything you have to do, but trying to focus and listen to a podcast or listen to a book on tape, those sorts of things can help your mind to relax. It may even be just a time where you don't try to do a lot of things, and you let your mind relax, and you focus on what you want to do, and let your mind spend some time on focusing on that but not just I have to get something done.

Another thing you can do is to look at the future. It can be hard to think positive when you believe only hardships are ahead of you. Instead having a bright outlook on what the future holds is extremely helpful. Take comfort in sharing time with your grandchildren, hosting holidays, starting a new activity. You have many many more wonderful experiences to enjoy. As you grow older there are certain things that become

more difficult to do and some of those things are, maybe your joints are a little stiffer when you get up in the morning, maybe it is a little harder to walk as far as you use to, maybe chronic kidney disease is taking its toll on you, but your mind is still there and you can mentally do things. Actually one of the things that is great about having the time and energy is sitting with your grandchildren, a lot of time as parents you just don't have time to sit down and give your child that undivided attention, and that is something they really crave. So, being a grandparent, you can do that. My mom and my husband's mom and dad, when they come, they think they have to buy the kids things, I tell them no, they just would love you to give them time. My mom is working with my daughter and doing a little sewing. Just sitting and making a craft, or throwing horse shoes in the back yard. It is hard as a parent to find that time to do that, and we love when you do that as a grandparent.

So, whether you are a grandparent, or an aunt or uncle, or whatever, finding that time is important, people just don't give each other enough time anymore.

Once you have established that healthy attitude about growing older you will need to continue to find meaning and purpose in life. The goal is to find the outlooks that boost your sense of worth such as a new hobby, exercise or an art club. My sister for Mother's Day, we went to do some painting at a painting class. We did a painting and it was just so fun to get out and enjoy ourselves. I had never really thought about painting but this isn't so bad, I really enjoyed it. You can adopt a new pet, babysitting your grandchildren are all wonderful ways to contribute to your support network and connect with others.

Now, if those are not things you can do right now and you know that it is something you would like to do, you may start with small things, do a little walking at a time, some chair aerobics, or finding activities that you can do and growing those.

Clear your mind and become in tune with nature by taking nature walks, or spend an afternoon fishing, be sure to take advantage of what is around you such as a local museum, performing arts center, or theatre, especially if you live near a city. Nurture your relationship by connecting with friends and family members. Expand your social circle by volunteering for causes that are close to your heart and finding a support group in times of need. After all, your mental health needs the same attention as your physical health. So don't forget to keep a positive outlook on life and do the things you can to keep your mental health stable.

Okay, so we talked about mental health, talked about the caregiver guide, we went over a preview for next week. The last thing I want to talk about is the 5 flexibility exercises.

Flexibility declines with age, like when you are younger, bending down to touch your toes is no problem, as you get older it becomes more and more a struggle so I want you to keep a little bit limber.

The first one I am going to talk about is the triceps stretch. The triceps stretch is a simple exercise that gently increases the range of motion in your shoulders and your triceps. If you perform it regularly, you will find that any tightness in your shoulders or triceps disappears completely after just a few short weeks. You will need a chair. Sit in the chair, as you normally would with both feet on the ground. Hold your right hand out in front of you with your palm facing the floor. Place your left hand on your right elbow and pull your right arm across your body until you feel a stretch in your shoulder or the back of your right arm. Once you feel the stretch, stop pulling and hold the position for 30 seconds. Release your right arm and hold your left arm out in front of you with your palm facing the floor. Place your right hand on your left elbow and pull it across your body until you feel a stretch in your shoulder on the back of your left arm. Once you feel the stretch stop pulling and hold the position for 30 seconds. Release your left arm to complete the exercise.

This is a good stretch because it does not require you to have a good range of mobility. It can be performed by almost anyone and it helps you improve your flexibility. Even if your shoulders are stiff, and your triceps are tight, you can still start to improve your flexibility with this stretch.

Okay, number 2. The shoulder roll. This is a brilliant way to gently stretch your shoulders. Not only is it an excellent solution for getting rid of knots in your shoulders but also does a great job of loosening your upper back. Your back can get tighter every year so just doing this will help with that. You will not need any equipment for this exercise. You will need to stand up straight with your feet shoulder width apart. Slowly raise your shoulders as high as you can and roll them forward then slowly lower them back down. Repeat for as many repetitions as you desire. Slowly raise your shoulders as high as you can and this time roll them backwards and then slowly lower them back down. Repeat as many times as you can. Do them forward and then backward as many times as you can. This exercise doesn't apply any pressure to your shoulders and instead allows you to stretch them in a gentle and controlled way. This allows you to increase your shoulder flexibility at a rate you are comfortable with and significantly reduces your chance of injury.

Number 3, Neck rotation. The neck rotation exercise is an excellent remedy for a stiff sore neck. Performing it regularly will allow you to alleviate neck pain and allow you to enjoy full neck rotation as you get older. You don't need any equipment. You need to stand up straight with your feet shoulder width apart, slowly turn your neck to the right until you can't turn any further, hold the position for 30 seconds. Slowly turn your neck

to the left until you can't turn it any further, hold the position for 30 seconds. Slowly turn your neck to a forward facing position to complete the exercise. That seems very simple, but just by doing that, and doing all these exercises all together will give you improvements in your flexibility. It is a great way to get rid of stiffness and soreness in your neck which becomes more and more common as you age. It is a very controlled general exercise that does not place pressure on your neck so you won't hurt yourself.

Fourth exercise. Lower back extension keeps your back supple as you age and is also a great remedy for lower back pain, in addition to this it is also a great way to improve your posture and ensure that your lower back stays naturally straight and does not become curved as you enter your senior years. This does not require any equipment. Stand up straight with your feet shoulder width apart. Place both hands on your lower back, slowly bend backwards until you feel a stretch in your lower back. Once you feel a stretch in your lower back, hold the position for 30 seconds. Straighten your lower back and return to the starting position to complete the exercise. So you are kind of pushing your shoulders back and pushing your stomach forward a little and hold for 30 seconds. The lower back takes a lot of pressure and it has a lot of the stress of your day. So doing this at the end of the day before you go to bed will be extremely helpful. The other thing I will say is, T-Tapp, which I will talk about next week, one of the best exercises, you start with the primary back stretch in almost everything, and that is so helpful to your back. That is one of the things about T-Tapp I really like is that it helps with your back.

Number 5, last one, seated hamstring stretch. Regular hamstring stretches are quite difficult and you need to be reasonably flexible to do them correctly. This seated hamstring stretch offers a gentler alternative which can be performed by almost anyone and is perfect for seniors with limited flexibility. You need a chair; you will sit in the chair as you normally would with both feet planted on the ground and your knees bent. Extend your right leg straight out in front of you. Keeping your back straight, place your hands on your right leg and slowly lean forward and slide down your leg. Once you feel a stretch in your right leg, stop and hold the stretch for 30 seconds. So your leg is pointed straight out and you are stretched down. Slowly raise your body back up and bend your right leg and return to the starting position. Now do the same thing on the left side. Extend your left leg straight out, keeping your back straight. Place your hands on your left leg and slowly lean forward and slide down your left leg. Then once you feel a stretch in your left leg, stop and hold the stretch for 30 seconds. Slowly raise your body back up and bend your left leg and return to the starting position. This is very helpful with being able to do day to day tasks, like putting on socks, reaching to pick things up off the floor; it gives your back flexibility.

I hope you enjoy the exercises I talked about. They are very helpful and I hope if you listen to last week, then this week and then next week with Charlotte, I may add some

exercises if the call is short. I will have some exercises in the caregiver guide for you to use.

I want to recap with you this week. We talked about me finally getting the caregiver guide done, so you will have until May 26th, to get the early bird price of \$47. then it will go back up to \$97, still a good price, but why pay more if you don't have to.

We also talked about mental health and all the ways you can have bad thoughts or good thoughts and how it is helpful to you to do some exercise and be interactive with other people.

The last thing we talked about were flexibility exercises that I reviewed with you.

I also did a little preview of next week's podcast and I so excited about that. In June we are going to talk a lot about label reading and grocery shopping. I am really looking forward to that because I am excited about all the things we are going to have for you. The label reading will be very good for you to start out with. I know you have probably learned to read labels before and labels are changing, hopefully, but we will talk about things to look out for on the label.

Thanks for listening this week. I know I went a little longer, but I was making up for the last couple short weeks. I look forward to talking to you again next week. Bye!!!

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!