

October, 2023

AI's Corner

Everything you've always wanted to know



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



Hello fellow sled heads! Welcome to another year of Al's Corner, where you just never know what you might learn. This year's topic is going to be about health. The first wealth is health. I had my first real health scare this year, and I sat on the couch all summer long, as I didn't have energy to do anything. That was pretty scary. I started spending my retirement savings, as I wasn't going to need it. But, I experienced healing. I learned an extraordinary amount about health, and thought that many of you might benefit from it. We've got about 10% of our health that we can't do anything about because it's genetics. You've got another 10% of your health that are injuries that you've accrued over your life. Can't do too much about those either. Well, that leaves about 80% that you CAN do something about.

If you ask a doctor what are the two most important things that you can do to stay healthy, they will most likely give you these two answers: Stay thin, and don't smoke. Not that anyone wants to end up in a nursing home or anything, but you gotta admit, who's inhabiting nursing homes? For the most part, it's usually skinny little old ladies, and a few skinny little old men. Women live longer than men on average. How much of that is genetics and how much of that is lifestyle is anybody's guess. Statistically, keeping thin has a better chance of keeping you in the game longer.

However, this 'corner' I will devote to smoking rather than weight. If you smoke, quit. If you don't smoke, don't start. I've bet you've heard that more than once in your life. Smoking happens to be very addictive. Not only are the ingredients in cigarettes addicting, needing something to hold in your hands is also addicting. Smokers who quit, never quite know what to do with their hands. Do we cross our arms? Do we stick them in our front pants pockets? Just exactly where are they supposed to go, and what are they supposed to be doing? Such is the bane of a smoker trying to quit. Besides the hand thing, smoking calms the nerves of the smoker. So, you decide to quit. Besides not knowing what to do with your hands, you end up getting uppity. It's too much for a lot of people, and they just start smoking again.

Smoking definitely lures you in. It won't be too long and "social smokers" will be sucked into it full time. Some people can just quit cold turkey. Those are the lucky ones. However, most people are going to need help to quit. Patches, gum, and vaping are simply aides in a very long and difficult street fight. You'll fight for every square inch of victory. It won't be easy, but it's possible. Everyone in my family, apart from me, quit smoking. I never started and I'm glad I didn't.

What's worse than smoking cigarettes? Chewing, and smoking cigars. Why? Chew and cigars contain no filter, while a cigarette contains a filter on the end of it. That filter does capture at least some carcinogens, while cigars and chewing give you the full unadulterated dose of everything bad.

Please, consult you doctor and develop a plan that will get you unhooked from the coffin nails. Your future sled and sled accessories purchases will thank you.