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## HEALTH REPORT by Dale

May 2012

It appears that I am doing better than Gilda these days. She has not been feeling really well since before Christmas and the doc-tors have run about every test on her that can be given and have found nothing. She thinks maybe it is just stress. I personally think that it is probably a result of getting older and her bowels are not working properly. I am feeling about the same. I had a physical recently and the blood work showed that my triglycerides were high and my HDL was also too high. I am not sure what triglycerides might be, but it sounds like something you ride. I think HDL means "Healthy Digestive Luck." I can eat anything and nothing bothers me and my bowels work great. Be-sides, it is hard to know what to eat anymore because the rules change all the time. They used to say eggs and coffee were bad for you and now they recommend them. I say eat anything that tastes good and take your chances. I am now sixty seven and I had much rather die at this age, fat and full, than live to be seventy-five and be Skinny and hungry. The Bible says that we must count the cost before we make choices. So, I have decided to just enjoy life and let nature take its course. I am now going to take this high HDL body and go someplace on my triglycerides. If I don't make it to the next newsletter, then just know that I counted the cost and decided to reap what I sowed cause I am ready to go. Wishing you the best health ever, even if you don't enjoy it

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