

# Still Shining In Twilight Years

Will your health and productivity be as good, or even better than in your youth? *By Peter Lim*

**I**n 2 years' time, I shall be 70 and by divine grace, I am still steady, strong and mentally alert with no body aches. I put almost 2 days' work into one day, do not need to carry a diary, yet remain mentally sharper and swifter than when I was young. I have worked for almost half a century. Yet I have hardly called in sick. My productivity has not diminished with an ever challenging environment and my hair is still dark as ever, in spite of some white hair in my youth.

## The Agony

What are my secrets, while many from the younger generation are not enjoying better life in their second half of life's journey? I was sick for 45 years, and was tied to monthly medications due to colds, flu, sore-throat and fever. I lost my tonsils at 8 while my son lost his at 4. The medications compromised my immune system. I was in constant pain, I suffered insomnia and an aching liver. I was unable to urinate well and had a weak bowel system. At 38, I lost my memory for 2 weeks.

## The Discovery

By 45, I got a divine inspiration to go back to basic nature and origin. It has been 23 years since that I've been spared from taking medications and painkillers. How could this be when the chances are constantly against me – I attend to sick customers and working long hours with inevitable pain? Just about 2 months ago, my 2 teeth were extracted in a day. I was warned of the consequences of not taking antibiotics and painkillers. My chin could have swelled with pain but did not. I used our "nano booster energy patch therapy" to deal with the pain and bacterial infection. They worked, and I suffered no swelling, pain or giddy spells. 2 years ago, I fell backwards on a flight of stairs and hit my back and spine badly. I used the same patch therapy and in 3 days, 90% of the pain and swell were gone. This energy patch has been my secret to dealing with almost every health challenge in recent years, to which I am sharing with many customers. Once you know the secret, you know how to deal with such health issues in quick time.

Years back, I fell into my fish pond and

almost broke a foot. I was unable to put on my shoes for 3 months, with no usual medicine and painkillers. At 49, I was down with chicken pox, and I refused to take the antibiotics that ruined my health, so I took fresh royal jelly instead, with dramatic recovery, I was working as usual. (Do not do what I did unless with good understanding).

## The Recovery

I discovered that my recovery to good health lies in dealing with the root causes rather than the symptoms. Wild animals live on organic food without pesticides, preservatives and chemicals, with higher nutrients and energy. This is key to the organic movement I pioneered 20 years ago. Reliance on the right nutrition and balance with supplements are keys. Chlorella and plum balls are our best and are my favourites for long term health, energy and growth, beauty and youthfulness. Pre and probiotics are health to colon, liver and digestive systems. I stay away from oily, salty, sweet stuff and have less meat.

The right water with sufficient intake is medicine to the body. So is the air quality. Sleep and rest are very important for body's toxin discharge and rejuvenation. Once I slept for 3 hours daily for 18 months, my immune system was down with pathogenic attacks. I could hardly breathe with almost a total system collapse.

Moderate exercise and overcoming emotional stress are crucial. Spiritual inspiration and balance provides good uplift and "escapes." Nature's Glory has over 800 products with machines for healthy living to brighten and sustain your future in health and productivity, to give you a new lease of life. You may not lag behind the younger ones.

## The Machine Must Run

With the fall of man, it is a divine direction to work till we die. Unless we are actively occupied, we would be "dying" sooner than later in body, mind and spirit. In reality, it is not enjoying the rewards in retirement but nursing declining health. My mum retired at 60 and now at 90, only to be reduced to Parkinson's Disease and dementia.

### Regional Distributor Nature's Glory Pte Ltd

315 Outram Road #11-03 Tan Boon Liat Building, Singapore 169074

Tel: (65) 6227 1318 • Fax: (65) 6227 0868

Email: [abound@natures-glory.com](mailto:abound@natures-glory.com) • Website: [www.natures-glory.com](http://www.natures-glory.com)