

STRETCHING

FOR

LONGEVITY

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(2009)

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IMPORTANT

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Introduction

The following material was taken from Earl Prevette's 1953 book, "*How To Turn Your Ability Into Cash*".

Stretching

It is estimated by science that most animals live five to seven times their maturity age. According to the American Mortality Tables, the average age of man is 61.2 years. This is less than three times his maturity age. If man lived five to seven times his maturity age, he would live to be one hundred to one hundred and forty years old.

What do the animals do that most people fail to do? What is the answer? The animals must have a secret. By observing them and using my body as a guinea pig, I adopt and practice their secret.

That secret is Stretching.

The animal follows his natural instinct. How often have you observed the cat arching its back, the horse swaying its back, the lion extending its body, and the dog spreading its paws? These body actions of animals are revealing something. They are setting an example. They are telling us to stretch our body. Stretching is the only form of exercise that animals adhere to strictly. Therefore, it must be the natural and reasonable exercise.

Stretching is nothing more than conscious tension. It is tensing the muscles of the body by an act of thought. In my own experience, I have practiced all kinds of exercises but I have come to the conclusion that stretching is the best and most natural of all. It is easy to do. No equipment of any

kind is necessary. You can stretch consciously for about ten to twenty seconds, and if you make it a practice to do this you will increase your energy and pep. Make it a habit to stretch your arm muscles, leg muscles, back muscles, stomach muscles, hand muscles, neck muscles, shoulder muscles, and try to stretch every muscle in your body from head to toe. In doing this, also exercise your common sense.

What does stretching or conscious tension do for the body? To stretch the muscles is to stretch the cells. To stretch the cells is to cause them to expand and break up, and this gives the pure blood a chance to flood and feed them. This helps to drive out all toxins, acids, poisons or other impurities. When the cells are crying for blood the body feels tired and by stretching at intervals you furnish the cells with nutrition and this substitutes energy for tiredness. You will have more capacity to do things. In brief, it is giving the body a blood bath.

If the cells of the body are not fed with blood, they dry up. This is very evident in people when they grow old. The cells in their face begin to dry up for the lack of blood, and as the blood recedes, it is like the moving out of the tides and what we see are wrinkles, dried-up skins and withered faces. This never happens when the cells of the face are properly nourished with blood through conscious tension.

Science will discover one of these days that most malignant diseases are only an accumulation of toxins and poisons starting a picnic on the most vulnerable group of cells. Stretching the muscles permits the blood to flood, and to feed and cleanse the cells, and there is no opportunity for the vultures of impurities to start their picnic.

To illustrate the value of stretching, drop a sponge in a pail of water. Watch the sponge absorb the water. Take the sponge in your hand—squeeze it out real tight. Now drop it in again, the same thing happens. This illustrates how the cells react to blood when you stretch the muscles.

There is no particular way to stretch. Each individual can work this out to suit his own disposition, time and convenience. The main thing is to do it. This is the way I do it. I take a deep gulp of air right in my mouth, all my lungs can hold. I tense the body, stretch all parts, raise the diaphragm, and press down. This throws blood to my head, face, shoulders, back, legs, abdomen and neck. Then I exhale through the nose. This takes fifteen seconds and does it make you relax! Try it. Do this when you first get out of bed in the morning and at least once every two or three hours during the day. The great value of it needs no proof. Do it, and it proves itself. If the bones crack, then you know you are stretching. Squeeze your hand real tight and watch how white it gets. The blood is squeezed out of it. Now relax and watch the blood flow back. That is what stretching does for your whole body. Another beneficial exercise I enjoy is walking. The average city block is about one hundred and fifty yards. This is about twelve blocks to a mile, and when I walk twelve blocks, which takes about fifteen or twenty minutes, I find that I have exercised my legs seventeen hundred and sixty times, because there are seventeen hundred and sixty yards in a mile, and each step covers about one yard. By all means train yourself to walk. It invigorates the body, stimulates the flow of blood, and provokes many brilliant ideas. Try it.

("How To Turn Your Ability Into Cash", Earl Prevette, 1953)

Earl Prevette's book is available at <http://campbellmgold.com>

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