

## From Dave's Laptop

Tuesday, January 8, 2013

How are you doing on your New Year's Resolutions so far? If you've been meaning to read the Bible through this year, there's still plenty of time to get started!

What else are you doing that's new this year? During his recent visit, our son, Nathan, persuaded us to undertake a new food adventure known as "juicing." By using the machine pictured here (an Omega 8006 masticating juicer), I can extract all of the juice from the following fruits and vegetables, creating about 60-65 ounces of pure juice currently known as "Elixir de Dave," which can then become about three meals worth of nourishment. Here's my recipe. It will feel virtuous just to read it!

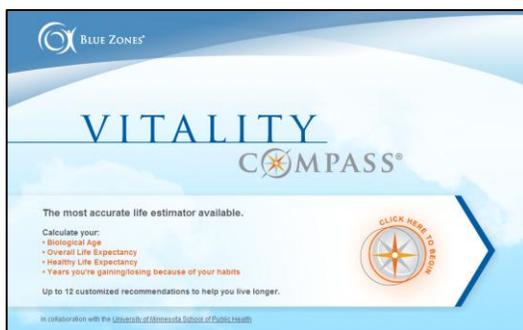


- 3 red apples
- 3 yellow apples
- ¼ beet
- ½ bell pepper
- 5 broccoli florets
- 1/3 head of cabbage
- 7 large carrots
- 2 stalks of celery
- 5 Clementines
- ½ cup of cranberries
- 2 stalks of kale
- ¼ lemon
- 1 pear
- 4 stalks of Romaine lettuce
- 1 cup of spinach leaves

Nathan has lost over thirty pounds by juicing almost exclusively since Thanksgiving. I haven't been a "juice teetotaler," but I've lost four pounds in two weeks anyway, which is helpful in lots of ways. Besides the juice itself, Nathan recommended a free app called "My Fitness Pal," which is available on whatever gizmo you want to use. It's an extremely easy way to keep track of caloric intake, and it strengthens my will power to resist culinary temptation to know that I'll have to enter whatever I consume in the app.



And all that leads me to two other resources that you might find interesting. These are online inventories based on a complex 106-page algorithm developed by Dr. Robert Kane, a physician and a professor at the University of Minnesota School of Public Health, that calculate the current possibilities of your life and health based on how you are living right now.



Billing itself as "the most accurate life estimator available," The Vitality Compass can be completed in just a few minutes and will then calculate your biological age, your overall life expectancy, your healthy life expectancy, and the years of life you're gaining or losing because of the habits you're living out at the moment. You can find it at: [www.apps.bluezones.com/vitality](http://www.apps.bluezones.com/vitality).

These were my numbers:



And, somewhat like the “Gross National Happiness Index” from Bhutan that I recently wrote about in this column, Dr. Kane has also developed a “True Happiness Test” that can be accessed at [www.apps.bluezones.com/happiness](http://www.apps.bluezones.com/happiness).

A third resource available from Dr. Kane’s research is “The Power of 9.” In this research, Dr. Kane’s group worked with National Geographic to find the groups of people around the world who live the longest and to try to find out how and why they do.

After locating five such groups, they assembled a team of medical researchers, anthropologists, demographers, and epidemiologists to search for evidence-based common denominators among all places. They found nine, which you can read about at [www.bluezones.com/live-longer/power-9](http://www.bluezones.com/live-longer/power-9). I was particularly interested in their finding that “knowing your sense of purpose is worth up to seven years of extra life.”



Dave

At budget preparation time we forecast a \$4,200 deficit at the end of the year.

**THANK YOU, LORD!**

Through careful spending and generous giving, we ended the year with a \$300 surplus!