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## ***Ildy Lee:*** **“Do You Choose Health or Sickness?”**

### **The Goal of this Book:**

This book is aimed at the fast growing elderly population which either don't have the patience to read anymore or has lost the desire to do so due to poor eyesight. They're missing out on vital information that could better the quality of their life by not being able to access information relating to Mental and Physical Health and Life Extension.

Senior Citizens deserve to be informed just like the rest of us, but they're left in the dark: There is not enough material on the market to target their special needs, stimulate their diminishing interest in life and compensate for their growing limitations imposed by old age.

Since the attention span of the elderly is shorter than ours, this book is written like a children's book: Big print, short sentences and colorful, cheerful illustrations to stimulate their senses.

Whether our seniors are ambulatory or in wheel chairs, the message is: “As long as you have a working mind, you also have the choice to upgrade the quality of your life and extend its duration! This book will give you the necessary tools to accomplish these goals while having fun.”

In simpler terms: Be Happy

Be Healthy

Live a long life and I'll show you how!

### **The Inspiration for this Book**

When my mother was dying of Alzheimer's dementia, she was wheelchair bound and didn't know who I was. After 3 months of around-the-clock intensive *Physical, Emotional, Mental* and *Spiritual* therapy her health was restored, and her newly returned memory exceeded mine. We threw away her wheelchair as she walked a mile a day. Her miraculous recovery baffled the medical community. There is no explanation for it, except for the example of a skinny, out of shape father, who having witnessed a heavy-duty truck roll over his child's body lifted up the enormous vehicle, defying all physical laws. Was it a miracle or simply the adrenalin rush of a desperate father ready to die to save his child? I lifted up Alzheimer's with the same desperation that was crushing my mother's life. In both cases, some higher power was at work, defying all physical laws known to us. My belief is that some parts of the dead neuro-transmitters in her brain got stimulated by her newly found emotions, such as hope, love or happiness, and somehow created connecting sparkles that formed bridges above the dead sections. These freshly formed neuro-transmitters created new networks and routes, just like varicose veins do when the diseased parts are being removed. Whatever the explanation is, once the brain functions of your loved one are impaired I cannot promise the same type of miraculous recovery. What I can promise, however, is that any elderly person, able to read this book will be motivated and equipped with the necessary tools to change and prolong his life, if he chooses to do so. This book is more than just information. It is a carefully crafted source of hope.