

12/19/2016

Hi Jerry,

Mary Jane and I are in Maryland. Her sister Monica recently bought a new home down here and we are helping her move lighter things. The movers are coming in a few more days to move the heavy stuff. We are going home in a few days. I have only had access to the internet once in a while. I read your email two days ago but did not have time to answer and right now I can't read your email but can remember what you said. I decided to write my response in a pdf that I will email later.

I am very pleased that you are using CoQ10 and magnesium. I am convinced that they are helping me. I am so happy that just a couple of months ago I felt so weak and now I am running very well. I have had some good workouts lately and feel that I am getting in better shape all the time. Presently I am taking 50 mg of CoQ10 before I run and 250 mg of magnesium after I run. This seems to be okay for me. I am still taking Quercetin as I mentioned to you earlier.

I know what you mean about weight training and running. I am using the weight machines less often now and using lighter weights. I would like to build up to using them twice a week over time because I think it would help. I will see about that.

I also know what you mean about running into the wind expecting a boost when you turn around and then being disappointed when it doesn't happen. I can't count how many times I have experienced that. I think it must defy some law.

We had a dinner at Monica's new home Saturday with Monica and her daughter's family. It was a lot of fun seeing the 2 older kids running through the rooms and asking their Nana what each room was for etc.

I hope you and Tamoi have a wonderful Christmas and a very Happy New Year.

Your older running buddy,  
Jim