



## Helpful Hippy Newsletter

By Pete Zierz

If you have any suggestions for the newsletter such as format, frequency, content, etc., please send me an email. My goal is always to be helpful and I hope to build a relationship with you around common interests outside of hip replacement.

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**Good morning {{  
contact.FIRSTNAME }},  
Grab a cup and read on...**



**Ask:** 5,000 people got new artificial hips today, so please forward this newsletter to at least one person who needs it now.

**Offer:** If you received this newsletter from another, you can [subscribe here](#).

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## Hip Q&A

### These are some real gems

**Q:** Adrienne asks *"Any hairdressers back to work after 6 weeks? I'm self employed"*

**A:** Hi, my mom was a hairdresser her whole life, but her THR was after retirement. It's great that you're self-employed because I always recommend folks ease back into work part-time to see how it goes and then adjust accordingly. It's easier to ramp up, than to disappoint customers when you find it's too much too soon. Start with a few days a week for a few hours. Hope this helps.

Q: Eve asks *"Can I ride a camel after hip replacement? I'm planning a trip to Morocco and part of the itinerary involves riding a camel in the Sahara. It will be almost 2 years post-surgery when the trip is scheduled."*



A: That is a question I've never heard before! So...I have never ridden a Camel, but if it were me I would not be concerned with riding the camel unless I were particularly at risk of dislocations or something. I am not. And then it would depend on what kind of ride we're talking about and how long. If you're talking a short, light tourist ride, no worries. If it's an all-day adventure type thing, I might have some reservations since it's not something I normally do. Hope this helps, have fun and share pics!!!

**Got a question? Shoot me an email**



## My Latest Videos



## What I'm Reading, Listening To, Watching, and Thinking About

The new dedicated YouTube channel is nearing completion. We are just working on migrating the last couple videos and then the shorts. We also updated my recording studio to make it easier to record high quality content. I'm thinking about starting weekly Live Q&A sessions, so let me know if you think that would be helpful.

Comments like the following make my day and keep me motivated...



@jenniferhardman9744 • 12 hours ago

Thank you thank you!! These videos are so comprehensive, you have answered questions that I didn't even know that I had. I'm 45 going in for a left THR in just two weeks. I appreciate all of the time and effort you have put into these videos, I can feel my anxiety going down little by little. Thank you again!

I recently started reading **Die with Zero** by Bill Perkins. While the title is click bait, I do appreciate his engineer's approach to optimizing one's life experiences and retirement. He was also heavily influenced by a life-changing book I read in the 1990s called **Your Money or Your Life**. I'll definitely discuss this on my Game of Life 411 YouTube channel.

My travelling buddy Fernando and I have started planning our next trip. I think it's going to be a trip to Japan including a hike up Mt. Fuji! Probably in the Fall of 2026.



## Gear you need

[Shop Now](#)

Stock up on these important items for a successful recovery.

## Free Resources

[Visit](#)

You can find a lot more helpful resources on my companion website.

## Win at Life

[Explore](#)

See what else I'm up to and my tips on Family, Finance, Fitness, etc.

## Support Group

[Get Help](#)

Get additional help from Pete and other hippies on Facebook

Wishing you all the best in your hip journey,  
Pete

P.S. Feel free to hit reply and send me a message. I read every email.



### Disclaimer

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program.

Links for my website, channel, social media, etc. below:



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