



Helpful Hippy Newsletter

By Pete Zierz

Happy Valentine's Day! Happy Chinese New Year!

Good morning {{
contact.FIRSTNAME }},
See the heart on her
hat?



Be my Valentine?

This is a very meaningful time for me - our daughter was born on Valentine's Day. If you'd like to be my valentine, I'm easy, here's how:

- Forward this Valentine email to someone who needs it.
- Heart or Like one of my videos on YouTube or other socials (links at bottom)
- Friend/Follow me on Facebook (click here)

From the Mailbag

These are like elementary school valentines in my homemade mailbox...remember those?

"Your informative, positive, encouraging emails have me looking forward to this surgery as much as one can look forward to surgery. I hope that makes sense. I know it's going to go well!" -Laura

"All your thoughts and experiences collated to a single video maps out so many similar experiences in my own case including lower back disc issues. Thank you again for providing a solid mental foundation for my hip journey!" -Garry (Ireland)

"I watched your most recent long video on YT and it's really helped to give perspective on the process and hope towards full recovery." -Francisco (soon to be bilateral hippie)

"Mahalo so much for putting this amazing resource together and sharing your experience and research to help others going through total hip replacements. Your information and insight has been very helpful and the emails very timely. Especially the one about having doubts and second thoughts right before surgery =)" -Kim (former Hula dancer)

My Latest Videos



Q: Alicia asks: "Reality has set in ... what did I think would happen? Less active, eating more (esp comfort foods) ... have gained 5 pounds since my surgery 3 weeks ago . Ugh. It feels yucky. Worked hard before surgery to lose 20 pounds, so feeling bad about this gain. Anyone else gaining weight ?"

A: Oh yes! I gained about 10 or 12 pounds. Just don't starve yourself during recovery and healing - your body is working overtime and needs the fuel. When you're ready to start shedding the weight, [watch this video](#). It worked for both my mom (80yo) and me (57yo) and bonus it includes a healthy amount of protein.

Q: Jay asks: "Hey Pete. One comment...after signing up on your site, I started getting suspicious-looking "medical" emails that I'd never gotten before. Are you selling your list of email subscribers?"

A: Thanks for reaching out. No, we do not sell our email list. We use a platform called Brevio for the email workflows and distribution and I just double-checked that their policies do not allow them to sell the email list either.

What I'm Thinking About

Valentine's Day & Chinese New Year

Fortunately, red is the most meaningful color for both these holidays, whew!

Our daughter, our first child, was born on Valentine's Day, so it holds extra special meaning for us. Every newborn gets the same blue and pink striped hat in every hospital in the United States, but for the Valentine's babies at our local hospital, someone kindly hand-knitted caps with little hearts on them. Even though she's married and in her twenties, I bought her a big heart-shaped balloon today. And soon we'll watch our favorite movie together - Sense & Sensibility. The version with Emma Thompson, Hugh Grant, etc. We do this every year around her birthday.

When I was in my twenties, I worked and lived for two years in Hong Kong and Singapore, so for many years thereafter our annual newsletters were sent on the Chinese New Year, not at Christmas. It was a wonderful experience that opened that part of the world up for me, so naturally I have a lot of nostalgic feelings about it. The pics below are from our local annual Chinese Lantern Festival. When wishing someone happy chinese new year, many say "Gung Hay Fat Choy" which literally translates as "Congratulations, make a lot of money!" At least that's the translation that stuck in my mind.



Wishing you all the best in your hip journey,
Your very special Valentine,

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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