



Helpful Hippie Newsletter

By Pete Zierz

Sally wrote "*Please thank your wife and kids for gracing you with the time you donate to strangers.*" So please help me show our appreciation by replying with an appreciative note to pass along!

**Good morning {{ contact.FIRSTNAME }},
Don your tie-dye shirt & 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](#).

From the Mailbag

Your Hip Journey is one year old and the very first hippie to graduate sent me this reply to the one year Hip-a-versary email:

"All I can say is, I have already celebrated thanks to you! You cannot imagine how much you provided... such a lifeline of kind, supportive emails and videos, pre and post surgery information and connecting me with people who I stayed in touch with who were also experiencing post surgery! I am eternally grateful! It was amazingly helpful!" -Sally

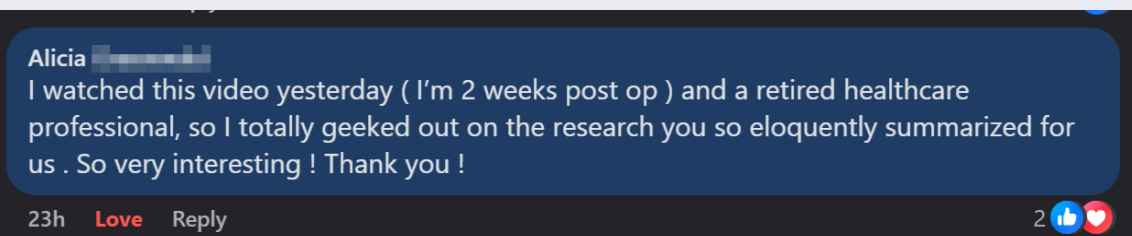
Day 18 Post-Op: Can you travel after Total Hip Replacement?

"I was arranging flights the day this email came! I hadn't given flying a thought. I called my surgeon to make sure flying was Ok at this stage and got the okay, but I'm so glad I checked. Thanks for the timely email." -Laura

"I found your videos the most comprehensive hip replacement videos on YouTube and really appreciate all the effort you put into them. Your [new 3 year summary video](#) was really helpful to listen to as well." -Debra

"Hey Pete. Just wanted to share with you something I just discovered. I'm thinking about how to raise my operative leg into bed...or anywhere...just use a wooden cane with the curved head. Place the crook of the cane under your leg and just pull up on the handle of the cane. Once I discovered this, it made a world of difference." -Jay (3 days post-op)

After watching my video on the Healing Timeline (osseointegration):



Funnies

"You've got me prepared. Has anyone ever called you a midwife/mid-man?" -May-Britt

"Wow!! Cool Hair!!! PS Just love your Vlog!!!" -Lin

"I made a superhero stuffed doll for my grandson and his legs came out uneven! I laughed at that cuz it reminded me of us hippies!" -Alicia

"Day 24: I'm happy to know that I can't feel it in my body. I was afraid it would be like walking around with a can opener or some other kitchen utensil in there." -Sandy

"Slightly Risky or Possibly High Risk Sports include watching funny cat videos until you're crying and almost fall off the bed onto your fragile healing hip" -Lily

My Latest Videos



Resource Links

- [My Amazon Affiliate shop](#) for the gear you need pre- and post-op
- [HipVlog.org](#) is my companion website with lots of additional resources
- Join [Pete's Hip Vlog on Facebook](#)
- [Win at the Game of Life](#) - my other channel with tips on Family, Finance, Fitness, etc.

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

Gratitude

Sally reminded me "*Please thank your wife and kids for gracing you with the time you donate to strangers.*" It's too true, so if you've found my content helpful in your hip journey, please reply to this email with a Thank You of some kind for "Team Pete" and I'll pass it along to my wife and kids.

Napoleon - A Life

I was joking with friends recently that this is not so much a book as a "Tome" as it's nearly 1,000 pages. But I love history and really enjoyed another tome by the same author Andrew Roberts. That other tome was "Churchill: Walking with Destiny." If you don't believe one person can shape the history of the world, give either of these books a read.

Let's Help a Million Hippies!

My dedicated [YouTube channel @PetesHipVlog](#) just hit 3,000 subscribers! My most popular hip vlog has over 136,000 views! The Your Hip Journey email system has almost 1,300 subscribers. These are all great milestones, but there are thousands of hip replacements performed every day in the U.S. alone, so I'd really appreciate your help sharing my content everywhere...I'm on most platforms (links at bottom of this email).

Artemis II

One of the things on my bucket list for over 30 years was to witness a major rocket launch in person. The Artemis II mission will be the first time in 50 years that Americans leave Earth's orbit. Yes, you heard that right, it's been over 50 years! One of my sons is a self-proclaimed space nerd, so we'll be driving down from NC to Cape Canaveral whenever this

launch happens. It's a tricky process and these things get postponed all the time, so wish us luck!

Best wishes for 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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