



Helpful Hippie Newsletter

By Pete Zierz

Submit your Questions for the next Live Q&A this Wednesday, September 30th at 6pm Eastern. [Email me your Questions!](#)

Good morning {{ contact.FIRSTNAME }},
Let's roll in the Hippie Van!



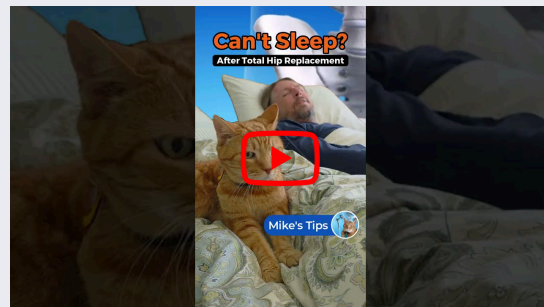
Ask: Please forward this newsletter to at least one person who needs it.

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

In this issue...

This week is our third live Q&A on YouTube. Still learning the ropes of this new format, but I'm getting better at it. For some reason I can't share the two existing Live Q&A videos here, but you can find them on my YouTube channel under "Live."

The first video below is a new channel trailer to introduce new folks to all the helpful, free resources I've shared. Please share it...remember, sharing is caring.



Inspiration at 3 Months Post-op

Luke emailed me the following:

Thanks Pete,

These are pretty good emails. 😊 I've found many good tidbits and enjoyed them. Several of your videos have helped me prepare and process what I'm going through.

I thought I'd share my story with you, well, a shortened version. I had a long hospital stay in 2021-2022 (six months, two months in a medically induced coma) and then three to four years later (March 2025 actually) my right hip started hurting and I began to limp. I brushed it off until my wife said, "you sit funny a lot". That's when I realized there was something more going on. Fast forward a bit and the diagnosis is "avascular necrosis". The steroids/drugs used to keep me alive in the hospital had stopped the blood flow to the femoral heads of my hip joints so they're dying - yup... you read that right, both!

So, I had my right hip replaced June of 2026 and I get my left on October 1st. The recovery has been interesting as the operated hip is "like new" but the left hip has reduced my ability to physio on my right!! It's weird to say but I'm like a kid at Christmas about this

second hip surgery (only thirteen more sleeps!!). Five stars for hip replacements, don't drag it out, just "git'er dun"!!

All joking aside, I will say that **getting this procedure feels as though it's given me back a decade of my life!** I've been hobbling around with a cane for more than a year now and am tired of feeling like I'm in my 90's!! LoL. Looking forward to getting back to normal.

PS - in case we don't connect again, I'll say a HUGE part of my story (and coming through so well) is the church community my family are part of and my faith/hope I find in Jesus Christ. 😊 Keep well and take care.

Feeling Anxious about Surgery? PHV is the Cure!

"Thank you Hippy Pete! Your vids are making me feel more hopeful and less anxious. My THR for my right hip is scheduled for Oct. 6th, 2026. Just 17 more days. Though I'm worried about complications, blood clots, pain, and one of my legs being permanently shorter or longer than the other, I also know I can no longer continue living in so much pain. I am hobbling forward and I'm just going to have to trust the process and hope for the best. Thanks again for your wonderful videos and the emails you have been sending me. They're very helpful. 🙌👁️" -Dale

Send me your Questions

Got a burning question? I'd love to address it in an upcoming Helpful Hippy Newsletter or Live Q&A on YouTube. You can reply to this email anytime with your questions.

Celebrating your One Year Hip-a-versary!

Linda replied to this email from the Your Hip Journey email system:

"Thanks for acknowledging my one year hip- aversary. It has been a journey. The body has been adjusting to the new hip, and the new length of my left leg. I've done lots of PT to address all the things that show up in the rest of the body.

One thing that is still present is a tenderness in the left thigh, around the greater trochanter. I received a shot for bursitis from my surgeon a few months ago. But I can't lie on my left side to sleep. And lying on the floor to do clamshells still hurts parts of the left thigh.

In general my gait is good and I walk normally again with no pain. **I am 80 years old...**so I'm no spring chicken. But I'm doing okay. Best wishes." - Linda

Resource Links

- [My Amazon Affiliate shop](#) for my Hip Kit, Book Club and Weight Loss products
- [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



Mom's visit

Next week we'll be at our beach house with my mom and sister. Mom had her THR 3 years ago just like I did, but at 82 years old she is struggling with mobility due to obesity and her dementia...the hip is doing just fine. Mom lives with my sister, who is a saint by the way, and it sounds like this might be their last visit based on Mom's declining condition. So I'm looking forward to next week with some trepidation...

Building out a rec room

While we're at the beach, my kids and I have a project planned. Our beach house had this massive owner's storage room (12' x 30') that was really underutilized. When I see something like that, I can't help trying to figure out better ways to utilize the space, so we're going to turn it into another amenity for our guests. We spent the past year clearing it out and moving items we needed to a much smaller storage area. Next week we'll epoxy the concrete floor, cover the walls, etc. with eventual plans to outfit it with a pool table with a ping pong topper, a safe dart board, etc. It's fun doing a project like this with the kids!

Making Memories Pool Room



Items






Signature Beams
what medium
can guests be
trusted with?
Markers, chalk?

Aesthetic Ideas
Broad Appeal, Fun, Inviting, Comfortable
[& Guest Proof]









light blues,
coverage -
keep lighting,
shadows in
mind

note explaining
frames, place to write
names (beams),
beamer plates, hung
pool cues, dart board,
couch, Reg. phone
charging shelf

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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