



Helpful Hippie Newsletter

By Pete Zierz

Submit your Questions for the next Live Q&A this Wednesday, October 21st 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...

So much going on that it's a bit overwhelming. This week is our [fourth live Q&A on YouTube](#). Tune in Wednesday at 6pm Eastern!

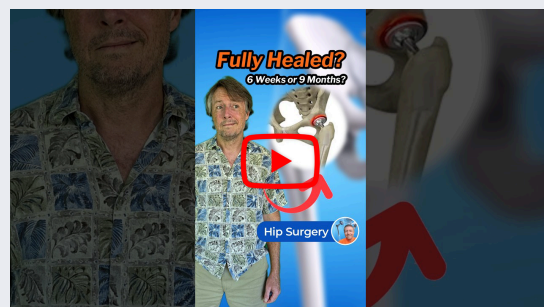
As a perk to members of my YouTube channel, we're going to publish new videos a few days early to members and then open them up to the public. If you'd like to support Pete's Hip Vlog [click here to become a valued member](#).

Leaving for Japan with my daughter this Sunday...so I may not be as responsive to emails or comments until I return in November.

Just back from a week with my hippie mom, sister, etc...

Converting an old storage room into a game room using a revolutionary lumber product developed by the startup company my son works for - [Plantd](#).

The first video below is an Executive Summary that demystifies the healing timeline after Total Hip Replacement and clears up some common misconceptions. Executive Summaries are a new idea that I borrowed from my business career. Basically, the Executive Summary captures the key points of a longer full-length video. So you can get the gist from watching the Executive Summary if you're short on time and you can dig into the full length video if you want further details. Please share it...remember, sharing is caring. What video(s) should I create an Executive Summary for next?



Getting ready for surgery...

Sheila emailed me the following:

Thank you for all your videos! I am now 3 days away from right anterior hip replacement and have found a lot of comfort and valuable info from you. Like another of your viewers, I recently completed chemo for cancer and my surgeon thinks the steroids given as part of treatment may have contributed to cartilage degeneration.

FYI- I have found significant pain reduction from using an Enso / Tens unit on my hip daily. It doesn't change my need for THR, but makes life more tolerable for now. Perhaps others can benefit from this as they wait for surgery.

Thanks again for all your work to support us many hippies!!!

To Pete with Love!

"I love your newsletters. I've updated my surgery date, I'm having my 2nd hip done. I'll be a double hippie...." -Janan

Pete says "Thanks Janan! Good luck with hip #2!"

Send me your Questions

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



@chadinkorea • 4 hours ago (edited)

So MUCH great information. Thank you Pete. I'm 47 and just had my second hip replacement done (2 weeks post OP on my second and both posterior approach) and my hips were done 6 weeks apart and I've had so many questions. All ur content has really helped me when I'm not sure why I'm feeling the way I am. Again thank you for your content, it's been a life saver! 🙏🙏🙏

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 - the After Report

Everything went reasonably well for mom's visit. I harvested prickly pears in order to make Prickly Pear Margaritas. I think my sister got addicted to them, but I can't blame her, they are one of my favorites too! Mom can still walk about a mile with her upright walker, but her dementia continues to progress. As a result, this will be the last time she comes here for a visit...it's just too hard on her. Just means we'll be visiting her in Indiana more often!



Building out a rec room

The kids and I made good progress converting our old owner storage room into a game room. Here is a before and after pic. There is still a ton to do, but this represents a major step forward. One of the really cool things about this project is the OSB (Oriented Strand Board) we're using to cover the walls. It's not your usual OSB, but made out of a bamboo-like reed called Arundo. My son works for a startup company, [Plantd](#), that is developing this product which promises to revolutionize the lumber industry.



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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