

Natural Healing Express Weekly

Column Volume 85 Longevity, Part One- The Eight Stages of Life

Over the next few weeks, I will be discussing longevity and keys to a healthy, happy and long life. During this process, I hope to interview a few hardy souls who have lived to be at least 85 years young, featuring their suggestions. We will look through their eyes, sharing their words to the wise regarding a long life and hopefully have a few laughs along the way.

For your part in this, I would like your suggestions on folks who may qualify to be part of our segment on longevity. Our goal is to feature a few stories on these blessed beings who reside in God's Country (Northern Illinois, Southern Wisconsin and Eastern, Iowa) and get their perspective on a life well lived.

We ask that the person be at least 85 years of age, still living at home or functioning in the home of a relative/friend, still getting around under their own power and be willing to spend some time chatting with me about their successful longevity. I would like to also include a photo if possible. If you know someone who would be a great candidate, please email me your suggestion and their contact info to skscham@aol.com. If you do not have email, but would like to nominate a candidate (or yourself) please call the store at 815 990 8732 and ask to speak to the Longevity Hostess.

I thought it would be fun to start out with a little background on the 8 Stages of Life from Eric Erickson, a renowned Psychologist. This chart illustrates age determination, virtues learned and the radius of significant relations according each stage/phase of life. It will help to have this knowledge as we work toward a long, healthy life and to further explain how our precious elders have come to acquire their final virtue, Wisdom. So, here's goes:

Stages	Age(s)	Virtue	Radius of Significant Relations
1. Infancy	until age 2	Hope	Maternal Person
2. Early Childhood	2-3	Will	Parental Persons
3. Play Age	3-5	Purpose	Basic Family
4. School Age	6-12	Competence	Neighborhood, School
5. Adolescence	12-18	Fidelity	Peer groups, Models of Leadership
6. Young Adulthood	19-35	Love	Partners in Friendship, Sex, Competition
7. Adulthood	35-65	Care	Divided Labor and Shared Household
8. Old Age	65	Wisdom	Humankind, My Kind

As we look towards Stage 8, or as Erickson labels it, Old Age, we can clearly see that the Virtue to be mastered is Wisdom and the significant relations involve reacting on a global level. Based on the

foundation of this chart, we will discuss in detail next week the process of acquiring this precious virtue and the components of this stage.

Thank you for your interest in this category and please begin sending us your nominations for candidates.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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