

My Weight – March 2016 to 5/7/2018

On my website – not in Google:

[http://geriatricgourmet.com/files/Future vs. Now Oct 2017.pdf](http://geriatricgourmet.com/files/Future_vs.Now_Oct2017.pdf)



Post pneumonia.....a month or two

Perfect timing! No about the weight. I just took my health walk and got a picture of my new, not what I want, gained weight.....belly fat. So now I switch to saccharin or equivalent and I have to give up my favorite.....pecan pies. I'm going to try to attach 'before and after' weight pictures. My health walks:

<http://geriatricgourmet.com/files/Seagulls.pdf>



No, No, No, No..... Right exactly where I don't want my reacquired weight.....Belly.



Mama duck and her kids also enjoy my walks.....the white things are bread that I provide for them. As soon as I get out of the car, all the water birds start heading my way.



The thing in my hand (plastic bag) is more bread for the birds at the other end of [the pond on Rawhide Creek](#).



Normal most of my life 155 to 165 lbs

I would like to have the meet with the
dietician.....need all the help I can get.

The picture with the hat (top) is a month or two after pneumonia. The one of me pointing at my belly is this morning (5/7/18). The one with the green shirt is normal most of my life: 155 to 165 lbs.

Something you might pass on: In hospital during my pneumonia, I was unconscious for too long and later the doctor told me that for awhile he wasn't sure if I was going to make it – not wake up – die.....wouldn't be the first time:

http://geriatricgourmet.com/files/My_First_Death2.pdf

So you might want to tell all the old people you know that they should avoid getting pneumonia. Even if they are curious about it, it's better to just watch a documentary or read about it. When they enter the GERM ZOO (hospital) always wear a mask.