



How I Took Back Control of My Health After 50

BUSINESS SUCCESS NOW HEALTH SUCCESS HOW TO DO IT

Achieving success through education and business is a major accomplishment, but once you reach 50 and beyond, it becomes critical to apply those same proven strategies to protecting and improving your health—and that's exactly what I did, and now I'm going to show you how.

Mckenzie Over 50 Reset

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THE MCKENZIE HEALTH PLAYBOOK

MY STORY: FROM HUSTLE TO SUCCESS

Most people believe success starts in a classroom, with degrees, structure, and a clear path laid out in front of them. That wasn't my reality. My story started much earlier, watching my mother create something out of nothing. She didn't have a formal education beyond the eighth grade, but what she lacked in credentials, she made up for in vision, discipline, and courage. She sold crafts to tourists and turned that small stream of income into real estate investments. We lived in homes she owned, not rented, and that shaped the way I saw the world. Ownership wasn't a dream to me—it was normal. Building something of your own wasn't optional—it was expected.

So when I left school after middle school, it wasn't because I didn't care. It was because I believed there was another path. I was convinced I could build something on my own terms, just like she did. And at first, I chased that belief hard. I jumped into small hustles, tried different ways to make money, and chased opportunities wherever I saw them. Those early wins—even the small ones—gave me confidence. They made me feel like I had figured something out that others hadn't.



But what I didn't understand at the time was how much I didn't know. Hustle can get you moving, but it doesn't guarantee direction. I made mistakes. I lost opportunities. I ran into walls that effort alone couldn't break through. There were moments where things didn't work, where decisions backfired, and where I had to face the reality that belief without knowledge has limits. That's when everything started to shift.

I realized that if I wanted real success, I couldn't rely on effort alone. I had to grow. I had to learn differently. I had to develop strategy, discipline, and awareness.

From that point on, I became more intentional—about how I moved, what I built, and the decisions I made. I stopped just chasing money and started building something with purpose. The journey wasn't easy, but it was real, and it forced me to evolve into someone who could actually sustain success, not just chase it.

Today, I understand my mother's journey in a completely different way. What I once saw as simple hustle, I now recognize as vision, patience, and calculated risk. I thought I was following her path, but in reality, I was learning how to build on it. My journey didn't look traditional, and it wasn't supposed to. It came with lessons you can't learn in a classroom—lessons about resilience, ownership, and creating opportunities where none seem to exist.

■ THE FIRST TASTE OF SUCCESS

At twelve years old, I got my first real taste of independence. I saw a woman selling fruit and asked her where she got her supply. That simple question opened a door. I borrowed twenty dollars from my aunts, and that became my starting point. No business plan, no mentor, no roadmap—just instinct and drive. I started small, but it didn't stay small for long. I built a system, created a delivery flow, and before I knew it, I was making real money. At twelve years old, I became what I like to call a “little thousandaire.”

That kind of success changes how you think. It shifts your priorities. School started to feel less relevant because I was already seeing results in the real world. Why sit in a classroom when I could create income with my own hands?



THE LESSON NO ONE SAW

But there's something important people didn't see. When the day ended and the hustle slowed down, I didn't just rest—I studied. Quietly, consistently, I worked on my math and English. My mother gave me advice that stayed with me for life. She told me that math would help me count my money, and English would help me read contracts so no one could take advantage of me. That wasn't just guidance—it was protection. It was strategy.

Even when I stepped away from school, I never stepped away from learning. That discipline became the foundation for everything I would build later in life.

FROM STRUGGLE TO ACHIEVEMENT

When I eventually came to the United States for college, I struggled. I wasn't used to structured learning environments. Sitting in classrooms, following lectures, adapting to a system—it wasn't natural for me. But I had one advantage: I was competitive. I refused to accept failure as the final outcome. So I went back to what I knew—discipline, repetition, and hard work.

Over time, I adapted. I pushed through the discomfort. And eventually, I achieved something that once seemed out of reach: I earned my MBA. That moment wasn't just about education—it was proof that I could evolve, that I could grow beyond my starting point.

THE LIFE I BUILT

From there, everything accelerated. I became a CPA in New York and built a firm that generated over a million dollars. From the outside, it looked like I had reached the top. Success, stability, recognition—it was all there. But what people don't realize is that success can sometimes mask deeper issues. You can look like you have everything together while something important is quietly slipping away.

And for me, that something was my health.



■ THE FIRST WARNING SIGN

At the age of fifty, my doctor told me my PSA levels were elevated. At the time, I didn't fully understand what that meant. I didn't know much about the prostate, and because I didn't understand it, I didn't take it seriously. I followed through with the recommended steps. I saw a specialist, underwent a biopsy, and when the results came back okay, I did what most men do—I moved on.

I went back to my routine, my work, my life. I treated it like a moment instead of a message.

■ THE MISTAKE MOST MEN MAKE

Looking back, that was the real mistake—not the test, not the result, but my mindset. When something doesn't hurt, when it doesn't stop you in your tracks, it's easy to dismiss it. It's easy to believe you have time. That nothing is urgent. That you'll deal with it later.

But "later" has a way of catching up with you.

■ THE SILENT DECLINE

Over time, small warnings started appearing. I was told I was pre-diabetic. Then pre-hypertensive. Everything was labeled "pre," as if it wasn't serious yet. But the truth is, "pre" doesn't mean safe—it means you're already on the path. It means your body is trying to tell you something before it's too late.

At first, it didn't feel urgent. But eventually, it became impossible to ignore.

■ THE SHIFT IN THINKING

There came a moment when everything became clear. I realized that if I wanted to live—not just exist, but truly live—I had to take responsibility for my own health. I couldn't rely solely on doctors or wait for symptoms to force my hand. I had to become a student of my own body.

That meant paying attention, being disciplined, and making intentional choices every day. It wasn't about fear—it was about ownership.



■ TWELVE YEARS LATER

Twelve years passed, and life continued. Business, responsibilities, routines—it all moved forward. Then, once again, my PSA levels were elevated. This time, it felt different. There was a weight to it, a sense that this wasn't just another routine check.

I was sent for an MRI, and when the results came back, everything changed.

■ THE MRI RESULT

The scan revealed a four-centimeter nodule on my prostate. That number alone was enough to shift my entire perspective. This wasn't something small. This wasn't something to ignore. It was real, and it demanded attention.

In that moment, my past came rushing back to me. I had seen what this disease could do. I had lost family members to it. And suddenly, it wasn't just a statistic—it was personal.

■ FACING FEAR

Fear doesn't announce itself loudly. It settles in quietly, in your thoughts, in your questions. I found myself asking, "Is this how it ends?" All the success I had built, all the milestones I had achieved—they didn't matter in that moment. What mattered was time. What mattered was life.

■ THE TRUTH MEN DON'T TALK ABOUT

There's another layer to this that most men don't openly discuss. Beyond the fear of illness, there's a deeper concern tied to identity. I found myself wondering not just about survival, but about my ability to continue being who I was as a man. That question carries weight. It's personal. It's uncomfortable. But it's real.

Being in a support group changed that for me. Hearing other men speak honestly about their experiences brought clarity and even hope. Sometimes, just knowing you're not alone makes all the difference.



■ THE DAY EVERYTHING CHANGED

The day of my results appointment arrived—September 17, 2025. The appointment was scheduled for mid-morning, but I couldn't wait. I woke up early and drove to the University of Miami before sunrise. I didn't want to sit with uncertainty any longer. I didn't want to replay scenarios in my mind.

I just wanted the truth.

THE DECISION

Sitting there, waiting to hear the results, I made a decision. No matter what I was told, I was going to take control of my situation. I wasn't going to avoid it, deny it, or delay it. I was going to face it head-on.

That decision changed everything—not the diagnosis, not the outcome, but my approach to life moving forward.

THE MCKENZIE HEALTH METHOD: WHAT TO DO NOW

At some point, awareness is not enough. You need action. The difference between men who decline and men who regain control is simple—they move.

Here are the exact steps I used to take control of my health. This is not theory. This is what I lived.

STEP 1: KNOW YOUR NUMBERS

- Stop guessing. Get clarity.
 - Get your PSA test
 - Check your blood pressure
 - Check your blood sugar (A1C)
 - If you don't know your numbers, you are operating blind.
-

STEP 2: STOP IGNORING “PRE” CONDITIONS

- “Pre-diabetic”
“Pre-hypertensive”
 - Those are not warnings—they are early-stage problems.
 - This is where most men fail. They wait.
 - I stopped waiting.
-

STEP 3: TAKE CONTROL OF YOUR DAILY HABITS

- Your body reflects your daily decisions.
 - Start here:
 - Move your body every day (walking, gym, or light training)
 - Cut processed foods and excess sugar
 - Drink more water
 - Improve sleep consistency
 - You don't need perfection. You need consistency.
-

STEP 4: BECOME A STUDENT OF YOUR BODY

- No one will care about your health more than you.
 - Track how you feel
 - Pay attention to changes
 - Ask questions at every appointment
 - This is where ownership begins.
-

STEP 5: BUILD A SUPPORT SYSTEM

- This is the part men avoid—but it matters.
 - Talk to other men
 - Share what you're going through
 - Don't isolate yourself
 - You are not the only one dealing with this.
-

THE TRUTH

- You don't need to wait for fear to force you into action.
- You can decide now.



YOUR NEXT STEP STARTS NOW

If this story speaks to you, don't just read it—act on it.

Send me an email with the word “**START**” and tell me what you're dealing with.

I will personally share:

- The exact steps I took
- What worked and what didn't
- How I managed anxiety and took control

You'll also get access to:

- My free podcast sessions
- Guidance from our physical coach
- A community of men going through the same journey

You don't have to figure this out alone.

- [Download the free health checklist.](#)
- [Watch Episode 1 on YouTube.](#)
- Join the email community.
- Schedule a free virtual consultation.

FINAL MESSAGE

If you are a man over fifty, this story is for you. Don't wait for a wake-up call. Don't assume that everything is fine just because you feel okay. Pay attention to your body. Ask questions. Take action.

Because in the end, your health is the foundation for everything else in your life.

You don't have to figure this out alone.



My 7-Day Reset

Day 1

☐ Walk 20 minutes

Day 2

☐ Drink 8 glasses of water

Day 3

☐ Remove soda

Day 4

☐ Schedule PSA

Day 5

☐ Blood pressure

Day 6

☐ Prepare healthy breakfast

Day 7

☐ Weigh yourself

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- Schedule a free virtual consultation.

MY PROSTATE MRI



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Phone: (305) 692-2222
Fax: (305) 692-2233
Website: akumin.com

Exam requested by:
MATTHEW HASFORD MD
3939 HOLLYWOOD BLVD., STE 3A
Hollywood Florida 33021
Fax: (305) 836-1199
MRI PROSTATE WITH AND WITHOUT CONTRAST [72197PROSTATE]
- Body
View images in portal: <https://physicians.akumin.com>

Patient: MCKENZIE, NATHANIEL
Date of Birth: 03-22-1963
Phone: (754) 295-5809
MRN: 11838939 Acc: ER114628605
Date of Exam: 06-09-2025

MRI PELVIS WITH AND WITHOUT CONTRAST PROSTATE

HISTORY: R97.2; elevated prostate specific antigen psa

TECHNIQUE: Multiplanar and multisequence high-resolution images were obtained through the prostate gland on a 3.0Tesla magnet before and after administration of intravenous contrast. Dose: Elucirem 8ml

COMPARISON: None

FINDINGS:

SIZE: The prostate gland measures 4.6 cm in transverse, 4.1 cm anteroposterior, and 4.3 cm craniocaudal dimensions, with a volume of approximately 42.1 cc.

TRANSITIONAL ZONE: The transitional zone shows normal size and heterogeneous signal intensity with few encapsulated nodules. No obvious normal without diffusion restriction/ no abnormal enhancement.

PERIPHERAL ZONE: A Focal small T2 hypointense lesion is seen in the right posterior lateral segment of the peripheral zone in the apex region, with the hyperintense signal on high b-value DWI, the hypointense signal on corresponding ADC maps, and early enhancement on the dynamic postcontrast study. The lesion measures 0.65 x 0.45 x 0.55 cms. No extracapsular extension.

PROSTATE CAPSULE: The capsule appears grossly intact.

PERIPROSTATIC: No disturbance of the neurovascular bundles and periprostatic venous plexus is detected. The retroprostatic angle is well-preserved. No disturbance of the rectum or the mesorectal fat planes is detected. There is no periprostatic lymphadenopathy. The seminal vesicles show normal size and signal.

PELVIC ORGANS: The urinary bladder is not distended. The lower ureters are not dilated. There is no free fluid in the lower peritoneal cavity. There is no soft tissue mass or lymphadenopathy. There are no inguinal hernias.

EXTRAPELVIC SOFT TISSUES: The visualized extrapelvic soft tissues appear preserved.

PELVIC BONES: The iliac bones, pubic bones, ischia, and sacrum appear intact. There is a normal bone marrow pattern.

IMPRESSION:

Mild prostatomegaly with features of benign prostate hyperplasia without obvious abnormal nodules.

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MY PROSTATE MRI CONTINUE



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A focal small T2 hypointense lesion is seen in the right posterior lateral segment of the peripheral zone in the apex region, with the hyperintense signal on high b-value DWI, the hypointense signal on corresponding ADC maps, early enhancement on dynamic postcontrast study, and no extracapsular extension, measures 0.65 x 0.45 x 0.55 cms.
- PI-RADS 4.

Recommend urology consultation and evaluation with PSMA PET-CT / biopsy as appropriate

/sa/iv

Digitally signed by: Pranay Uppuluri on 06/09/2025 03:56 PM EST

Thank you for referring your patient to Akumin Aventura

Uppuluri, Pranay, MD

Electronically Signed: 06/09/2025

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Because you're discussing PSA, MRIs, BPH, and lifestyle changes, include a brief statement that the ebook shares your personal experience and educational information and is not a substitute for medical advice.