

BEING HEALTHY IS WONDERFUL

Health is not everything, but without health everything is nothing.

- Dr Bernard Jensen (the father of wholistic health).

Being healthy is a wonderful thing. After an initial detoxification period while your body starts to rebuild and rejuvenate, you will start to notice health issues improving. Less money will need to be spent on medical bills, prescriptions, antibiotics or treating allergies. Taking time off work/school will reduce.

Going to a chemotherapy session has almost become as normal as going to a dental appointment. It has slipped into our vocabulary. Everyone knows someone with cancer. This is not normal. Cancer is not normal and chemotherapy, while targeting cancer, is also harmful to our bodies.

"The body of evidence linking diet with mental health is growing at a rapid pace. As well as its impact on feelings of mood and general wellbeing, the evidence demonstrates the contribution of diet to the development, prevention and management of specific mental health problems. Specifically: attention deficit hyperactivity disorder (ADHD), depression, Alzheimer's and schizophrenia."

- Courtesy of www.mentalhealth.org.uk

PATIENCE

- Women are the primary food providers, with an increasing number of men taking on the role. It will take time to re-educate and encourage new habits. Ask your partner and children for their support.
- It took years to reach a less-than-healthy state of being. Be patient in allowing the body to heal. It could get worse before it gets better as toxins are flushed out of the system. Keep a diary - after a year you will be amazed at what you used to put up with.
- Focus on health, not weight loss. This is very important for the yo-yo dieters. Ignore or throw away your scales.
- Stop expecting instantaneous results; this is a lifestyle change and it takes weeks or sometimes months for a new habit to become part of your daily routine.
- Be patient with yourself. If you have a "bad" meal, make the next one good. If you have a "bad" day, wake up the next and start with luscious fruits. If you have a "bad" week, get over it. Start again. Keep going back to the fresh foods.
- You are not denying yourself delicious, sweet, savoury, spicy, wonderful foods. You are just replacing current favourites with new healthier options and recipes. Gourmet fresh food restaurants are springing up around the world.
- Have a day off. The mind is a scheming, argumentative, tricky, exhausting thing! If you feel deprived, you are more likely to revert to old habits. It is difficult to let go of cravings and food addictions. Tell yourself that you can still have that cappuccino, all-you-can-eat buffet or bar of chocolate, but only on Saturday or on social occasions.

TREAT THE BODY AS A WHOLE

Let thy food be thy medicine and thy medicine be thy food.

- Hippocrates, Greek physician, 460BC - 377BC

Where have we gone so wrong?

Hippocrates held the belief that the body must be treated as a whole and not just a series of parts. He accurately described disease symptoms. He believed in the natural healing process of rest, good diet, fresh air and cleanliness. He noted that there were individual differences in the severity of disease symptoms and that some individuals were better able to cope with their disease and illness than others. He was also the first physician to hold the belief that thoughts, ideas and feelings come from the brain and not the heart, as others of his time believed.

Back to the fresh living foods!

*i'd love to
lose weight...
but who'd play
Santa?*



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