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Issue

SPECIAL REPORT



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Introduction



Refuse to be another statistic. It's time to recognize that your health and wellness is in your hands. Truth be told, you don't have another moment to waste. And that's okay because all you have to do is make the decision to become healthier today and to gain greater protection for you and your family over the ravaging diseases that dominate the fast-paced, high-tech, developed age we live in.

I'm all for development and progress. It's the advances we've made as a society that give us the luxuries and comforts we now enjoy. But it seems that we're paying an extreme price for ease and convenience and it's time to do something about it.

Let me ask you a question.

How often do you hear about some dying from natural causes these days?

I think you'll agree that “natural” is exceptionally rare as a cause today. But living a full life with all your body parts and functions working as they should and then eventually dying from old age is the way nature intended. Few of us want to leave this world, but it's inevitable that we all, sooner or later, have to exit the stage of physical life as we know it.

People today are far more likely to die from the ravaging and debilitating diseases like Heart Disease, Cancer, Diabetes, or a brain-related illness like Alzheimer's, Parkinson's, Dementia and others.

Each of us has been given the gift of life. How many years of quality living we get out of the experience is unknown. But we can influence those numbers in our favor if we first open up to the idea that we can do something – and then follow through with specific action steps taken over the long haul.



The number one problem these days is cardiovascular disease. Although cholesterol is often cited as the cause, it's really only part of it. Cholesterol tends to accumulate in damaged areas of the arteries. But the root of problem is something called “oxidative stress” brought on by free radicals floating around in the body and causing inflammation and lesions. These are the problem areas that cholesterol is drawn towards and sticks to.

Cancer is a close second as a killer today and its numbers and multiple variations are increasing, despite the billions of dollars raised and pumped into research. If you didn't have to worry about heart disease or cancer, you'd have a far greater chance at living a full life to a ripe old age. But then the primary concern would be a brain-related disease.

Anyway you look at it, as a society, we have multiple health problems that aren't going away, despite the medical community's best efforts. It seems that many more people are interested in losing weight, so they look and feel good. That's why the perpetual diet mill of programs, potions, pills and books is ever-popular and growing. Maintaining a healthy weight is a key component to staying disease-free and vibrant. But it shouldn't be an end in itself. Too much of an emphasis on dieting can actually compromise one's health. And some of the fad diets out there are downright dangerous. What's the point in losing weight if it makes you sick?

We all need to take a step back and look at the bigger picture of health and wellness and pay more attention to the choices we make on a daily basis.

In reality, we're living in a toxic cesspool. Toxins abound in our air, water and food. We didn't ask for it, but it's the result of generations of change. The magnificent body is designed to deal with this unwelcome chemical intrusion. But over time, it becomes too much to bear and those dangerous chemicals wreck havoc by weakening the immune system. When that happens, the body's ability to fight off infection and disease is seriously compromised. Ultimately, a weakened immune system takes its toll and cuts short one's healthy living years.

Heart disease doesn't just occur overnight. Instead, it's something that develops over the years.

Habitual dietary and lifestyle factors create a compound effect and negatively affect the heart, typically over several years. Again, the body adapts to survive and thrive, but then reaches its limit and the system breaks down. Toxins and inflammation reach a dangerous level where the body can no longer fight them off.

The same could be said about brain-related disorders. Alzheimer's for example, is said to be present – often for years – often without detection. When the symptoms become apparent, it may already be too late.

When it comes to a solution to these devastating and life-shortening diseases, change is the obvious answer. For most of us, this means making major – even radical changes to our lifestyles and diets. But corrective change that gets you more in tune with nature and the way the body was designed can be tremendously helpful. Health and wellness is our natural state after all. Somehow, many of us have gotten away from that and are now paying the price. But change can begin the moment you decide to do it.

What holds many people back from engaging in a more natural way of living is that it takes time and requires any changes to stick. It won't do you any good to eat healthfully today, only to fall back on old habits tomorrow. With a natural approach, you may begin to notice subtle improvements over several weeks. After one or two years of diligent effort, the changes can be transformational. You can naturally extend your lifespan and improve the quality of your years. There's not much sense living longer when the quality of life deteriorates below a certain level, yet that's what many “survivors” of today's most devastating diseases have to endure. And there's nothing natural about that.

Read this report and then do something about it. In the very least, seek out more information to support the concept of fighting back naturally and then take action. Give yourself and your family the gift of greater protection today. It's not just about protection from today's killer diseases – but against many other illnesses that are inconvenient, uncomfortable and wear out the body's defenses.

Take Charge of Your Health – Starting Today

Each one of us has the power to instigate change – change that lead to more abundant health and vitality. What is required is to maintain an open mind and a willingness to consider alternate ideas and natural solutions.



It's seems that in an increasingly-complex world, the natural tendency is to look for shortcuts. Generally speaking, we prefer to take an easy way out than to investigate and then act on information that appears valid. We've grown accustomed to listening to the doctor and taking whatever is dispensed in the form of advice, surgery, or prescription drugs. Medical doctors provide a valuable service and many are committed professionals and sincere in their approach towards medical care. But typically doctors are trained in specific medical protocols – not in alternative therapies or preventative action.

That's why I encourage you to question everything you hear, instead of just accepting it. Often you'll hear people say, “My doctor says _____” and they accept it wholly, completely and blindly – without getting additional opinions or information. It may very well prove useful. Or it can lead you over the edge and down a slippery slope you may not be aware of at the outset.

The point is: it could potentially be dangerous to simply accept advice from anyone – particularly when your health is at stake. Taking charge means taking total responsibility for your overall wellness and not leaving it in the hands of anyone else – including the medical establishment.

What I'm encouraging you to do is to open your eyes, ears and mind. Regain your child-like curiosity and ask more questions. Do your own investigations before jumping in. And by all means, consider alternate ideas, treatments and therapies that work in natural harmony with the body.

Taking charge of one's health begins with a thorough introspection. Start paying attention to how

your time is spent during an average twenty-four hour period. Pay particular attention to the things you eat and drink. Note your sleeping hours as well.

The best way to do this is to keep a simple notepad at your side, or in your pocket for a full week or longer. Divide every single hour into quadrants. With four divisions for each 60 minute period, you're checking in and keeping a close watch on your daily activities every 15 minutes.

This guarantees far greater accuracy than trying to remember it all at the end of the day. This is an interesting and revealing exercise and you may be surprised by what the data shows.

Ask yourself why you eat what you do. Are the foods you routinely prepare at mealtime the kinds of foods that nourish the body? Or, is it simply that they taste good to you? Did you question what was served to you as a child? Do you eat what you've always eaten out of habit? The point here is that there is a vast universe of foods available to most of us at any time. Some of them are nourishing – others, virtual poisons.

It's time to begin to re-evaluate what you eat from a health perspective. If you want your own vital machinery to keep on ticking as long as possible, with a strong, healthy heart and brain – you need to take an active interest in the things you consume. Just because you've eaten something for years and haven't noticeably suffered any ill effects doesn't mean that food is good for your body. Remember, when we're relatively strong and healthy, our bodies naturally defend against the toxins we ingest. But if it gets overloaded, those same toxins stay inside, wrecking havoc and causing cumulative damage that can ultimately be fatal.

Fundamental to good health is having a strong immune system. You've simply got to do everything in your power to protect this vital life system. A strong immune system is the foundation of a sound body. It's an amazing system that defends against invading elements, but when it gets overtaxed, it cannot do its job. That's when serious – even deadly – issues arise.

It's time for a re-awakening... time to take total responsibility for your own good health. Stand up and refuse to fall for questionable claims of the food industry and the chemical toxins it routinely adds to the world's food supply. Begin to look at the foods you routinely consume and consider if there might be a better, safer, more nutritious alternative. You may find this to be a challenge –

particularly in the beginning. But it gets easier as you go along and the more you learn about those seemingly innocuous foods are in fact – anything but.

Start with small changes. Drop products you used to think were acceptable. Add more fresh fruit, vegetables and fish to your diet. Those are simple things that can get you going on the right path.

To make those lasting changes necessary to becoming naturally healthy and strong does take effort – there's no doubt about that. But if you're willing to change in the interests of living longer in vibrant health, you can do it. If you're not willing to become more proactive and take greater care of yourself – body and soul, than no information, advice, or guidance can help you.

Focus on the results – feeling more vibrant and alive, overcoming aches and pains, avoiding the common cold and flu, and being able to remain lean and strong well into your golden years. Pay attention to those kinds of outcomes and not the perceived sacrifices and effort you must make to get there. Achieving greater health naturally is mostly a matter of altering those deeply-ingrained habits. Instead of reaching for the chips, dip and soda – go for an apple, or handful of walnuts, and a glass of iced water instead. What you give up in the short term can pay huge, long term dividends.

If you're willing to change – you will do whatever is necessary. And the sooner you start – the better. Don't wait for one or more of those dreadful illnesses to afflict you. Take counter measures on your own – beginning today. You can extend the number of years you get to enjoy with your loved ones – and add to the quality of each and every day. All you have to do to get the ball rolling is to make the decision to protect yourself and your family and not become another victim of the times.

Understanding The Underlying Causes of Today's Deadliest Diseases

As mentioned, today's deadliest diseases include: Heart Disease, Cancer, Diabetes, Brain Decline (including Alzheimer's, Parkinson's, and Dementia) as well as Kidney and Liver Disease. Common threads to all these problems and more are what the medical community terms "lifestyle" factors. What this really boils down to are the old standbys of diet and exercise, plus a whole host of environmental factors. In other words, to become healthier and more capable of warding off the most debilitating and feared diseases of our time means eating more of the right kinds of foods and none of the junk foods you see everywhere, moving your body's muscles and fueling it with more oxygen and avoiding harmful pollutants that abound in our environment today.



It's no small task to be sure. But building a stronger defense begins with awareness. As you open your eyes to the dangers all around, you can make more informed choices and provide better protection for you and your family.

Obesity is a major issue today. In fact, it's fast becoming a health problem of epidemic proportions. Medical experts predict that obesity will soon become a greater health risk than smoking. We all need to take in a certain amount of calories every day. But consuming excessive amounts of the foods that are less than nourishing to the body only adds to the problem. As this cycle is repeated and excess calories are not burned off through exercise, the problem gets compounded and the larger we get.

Being overweight seriously compromises one's health. When you're lean and strong, your body's defenses are better equipped to spring into action as needed. Every single muscle needs to be exercised on a daily basis – that's just the way nature designed the human body. We are made for movement – not for sitting behind a desk for twelve hours a day. A sedentary life is an unhealthy

life and it leaves you far more susceptible to a major health catastrophe than if you took the even a little time each day to take in fresh oxygen and move your muscles. Get up and get moving.

Make this a major focus of your transition to a healthier lifestyle – and a more capable mechanism to fight off potential dangers before they take root.



Diet is another huge factor in optimum health and maximum protection against devastating disease. Not only is a poor diet a problem that often leads to obesity, a lack of nutritional foods plus the consumption of chemical additives can seriously impair normal bodily functions and lead to disastrous consequences if these habits continue beyond the body's built-in system for eliminating toxins.

Far too many people reach for processed and nutritionally void food instead of healthful, whole foods that are packed with life-giving nutrients. A diet filled with manufactured foods and red meats, while lacking an abundance of fresh raw fruits and vegetables is ultimately going to lead to health issues sooner or later. We were creations of nature, so it only seems logical that our bodies were designed to eat whole, natural foods as opposed to something developed in a laboratory, or animals that have been treated with injections and meat that has been artificially colored and preserved. Chemicals and additives tax the body's defenses, while pure natural foods provide the nourishment that's necessary to sustain us in good health for many years.

Our own natural environment has become a dangerous place that contains unfriendly chemicals. There are poisonous substances everywhere – in the air we breathe, the water we drink and bathe in, and in the foods that many of us eat. Chemicals are widely used and it's virtually impossible to live in the twenty-first century and completely avoid their effects. But building our awareness is step number one.

Most of the world's population lives in or close to cities and towns where the air is not as clean as it is in the distant countryside. But the economic reality for many people means they need to locate where the jobs are. Obviously there are other advantages to city living, but the fact remains that the air quality is considerably lower in the heart of Pittsburgh than it is in the Poconos. That's just the way it is.

Water is another issue. What was once enjoyed fresh and clean from pure mountain springs and streams is by and large – no longer. City water is most often treated in water treatment plants with chlorine designed to kill off potentially dangerous micro-organisms.

But chlorine is a harsh chemical at odds with the human body. As if that wasn't enough, many municipalities also add fluoride to the water supply. So when you turn on the tap, you're not just getting water. Despite “safe” claims to the contrary, you and I both know that these chemicals cannot be helpful to the human body in any way, shape, or form.

Your work environment and living conditions can also be a contributing factor to a compromised immune system and greater susceptibility to disease. Chemicals are in all kinds of products – furniture, carpets, paints, plastics, cleaning supplies and on and on.

What seems like a minor inconvenience like having an injury or the flu, can actually contribute to a much more serious affliction later on. If not allowed to properly heal, some illnesses fester depleting your energy and immune system, or gradual worsening, like cholesterol in the bloodstream. It's important to take care of the minor conditions before they become major symptoms.

It appears that there is a growing consensus within the medical community that heart attacks, strokes and other vascular diseases such as dementia are caused at least in part by chronic inflammatory syndrome. In fact today, experts like Dr. Andrew Weil are suggesting that chronic inflammation may be the root of all degenerative diseases. When the body is burdened by toxins, it can only respond in one way and that response is chronic inflammation. The good news is that inflammation can be detected in the blood and that both lifestyle changes and adding effective nutritional supplements can make a significant difference.

Exposure to carcinogens is a known recipe for disaster. Yet you don't have to look too far to find them. Smoking is an obvious cause and in many cases, it's the second-hand smoke that's far more dangerous, leaving innocent non-smokers as victims when they had nothing to do with generating the deadly smoke in the first place. Automobile exhaust is another obvious airborne carcinogen. But don't be fooled. These enemies are everywhere – including the food supply.

Your best protection is knowledge and most of that you'll have to discover for yourself, like this report for example. Government departments that are supposed to protect its citizens often turn a blind eye to known pollutants, often due to the far-reaching economic ramifications.

When it comes to health matters – you've got to become your own investigative reporter of sorts.



Detoxify the Body

Since toxins are so widespread, it's important to not only minimize your exposure, but to expel any toxins that enter the body. This is vitally important and it's something that is suggested for everyone on a regular – in fact, daily – basis.

Hot baths are one effective tool for ridding the body of harsh chemical pollutants. As you relax in hot water, the pores of your skin open up, allowing toxins to flow out. Your body's natural defensive mechanisms are the liver and kidneys, which filter, trap and excrete many toxins that make their way inside the body.



Juicing is considered by some to be the ultimate detoxification process. The trick is to start slow and juice mostly green vegetables at first. It's a good idea to add a little fruit – like apple or pineapple to sweeten the taste, making it more palatable and something you actually enjoy. Vegetable and fruits are loaded with goodness including hundreds of phyto-nutrients, which boosts your natural immune system with antiviral and antifungal properties. It's a good idea to always juice organic fruits and juices whenever possible. In this way, you ensure as much positive value as possible – with zero risk of any negative effects. What's great about juicing is it can be an easy and delicious way to get the nutritional power of multiple fruits and vegetables in a single glass and all that wholesome goodness is easily digested by the body and readily absorbed into the bloodstream.

If you don't juice already on a daily basis, I strongly urge you to invest in a quality juicer or commercial-strength blender and begin juicing today. You'll notice an instant surge in energy and an overall feeling of strength and wellness – and that's just in the short term. Over the long haul, you will be routinely ridding your body of any traces of toxins that sneak in, while protecting yourself at a whole new level at the same time.

Getting more vital, living foods into your diet is another excellent way to accelerate the detoxification process. The easiest way I've found to do this is to look for ways to add fresh fruit and vegetables in was you might not have before. In other words, change things up.

Sprinkle blueberries, blackberries or raspberries over hot oatmeal at breakfast.

Snack on an apple or orange midday. Have a fresh salad at lunch, or make a healthy wrap from lettuce leaves and load it with other fresh vegetables and fruit. Living foods are vibrantly colorful, nutritional wonders – straight from Mother Nature. The more of these you can work into your diet as replacements for less nutritious foods –the better.

Stress reduction is another vital component. If you're chronically stressed-out, you're over-taxing your immune system and killing yourself prematurely. It's time to chill out rather than stress out. Life is too short as it is – even with every longevity tip and life-enhancing strategy known to humankind. Most of the stress we suffer from today costs us much more than we realize Not only do we feel the pressure and tension of the moment, our bodies pay the price by trough things like high blood pressure and weakened defenses. Avoiding all stress is not a likely scenario – especially in today's busy world. But managing stress is something anyone can – and should – learn to do.

Physical exercise can work wonders at alleviating stress and tension. Almost any form of exercise can help – bike riding swimming, working out at the gym. But one of the best stress relievers requires no equipment, no special training and no fees. Walking – particularly through a park, along the seashore, or through a meadow or nature trail – can help you forget the stressful situation altogether, while connecting you with nature.

Getting outside and enjoying nature with a brisk walk is relaxing and invigorating. In my mind, it's the best stress-relieving therapy available – and it's something that can be done in your free time – at any given time.

To get serious about detoxifying the body, you need to be aware of the chemicals that are in the environment and avoid them as much as possible. I'm talking about things that are quietly

accepted by people but are known troublemakers like chlorine, pesticides, herbicides and fungicides.

Chlorine is widely used in public swimming pools and drinking water. Pesticides, herbicides and fungicides are widely used to kill things.

Common sense suggests they would also be harmful to humans too. But produce and products of all kinds are being sold today and every day that have been chemically treated in some way. Surface pesticides that can be washed off are one thing – but those that penetrate deep into the fruit of vegetable are impossible to get rid of and therefore ingested. Dioxin, a dangerous chemical banned in some countries still makes its way to supermarket shelves hidden in imported foods.

It's time for each of us to take a stand against the harmful triggers of today's deadliest killers by voicing our concerns and by boycotting the offending products and their suppliers. If we continue to quietly accept poisons into our water and food supply, we will have to live with the consequences. Turn your back on toxic chemicals and you not only help yourself and your family – you help us all by voting with your wallet. If enough of us do this, we can instigate change on a much wider scale.

As you add more organic fruits and vegetables to your diet, know that the healthiest way to eat nature's nutritional gems is raw. The heating power of cooking fruits and vegetables actually diminishes the nutritional value by killing enzymes. If you are going to cook them, the most important tip is to avoid cooking at high temperatures, such as is the case when barbequing or deep-frying. The less you cook your vegetables the more nutritional value you preserve, and often – the better the taste too. It's better to steam, sauté, stir-fry or roast your vegetables

Green tea – and Chinese green tea in particular – is also a terrific nutritional aid. It helps counteract the negative chemical effects caused by eating certain foods or by cooking them in a deep-fryer or on a barbeque. Some suggest that it acts like an antioxidant in going after free radicals that can cause cancer in any form.

The ultimate detoxifying process involves eliminating every toxic thing in your system and thoroughly flushing out all organs that may be harboring dangerous pollutants. Chlorophyll is your most powerful ally and it's found naturally in green vegetables like spinach, collard greens, kale, leeks, parsley, romaine lettuce, broccoli, green beans, brussel sprouts, celery, turnip greens, asparagus, bell peppers, green cabbage, seaweed and green olives. When these vegetables are overcooked, they lose their vibrant green color and this indicates a loss of chlorophyll.

Powerful Antioxidants Pack a Healthful Punch

Antioxidants are nature's best antidote to free radicals – those harmful molecules that cause serious damage and cancer. They represent a complex system of human defenses whereby vitamins, minerals, amino acids and certain enzymes protect you and maintain your health. Antioxidants are free-radical scavengers – chemically reacting with those free radicals to disarm them, negating the harmful effects caused by these highly-energized and erratic atoms with unpaired electrons.

It's true that antioxidants are the human body's first line of defence against the many carcinogens entering through the air we breathe, the foods we eat and the cooking methods we utilize.

As an added bonus, antioxidants are naturally available in a variety of fruits and vegetables. A diet rich in a variety of fruits and vegetables is loaded with antioxidants which not only guards against cancer, it also helps lower the risk of cardiovascular disease. You can also load up on antioxidants in supplement form. Most potent among antioxidants is chlorophyll (found primarily in green vegetables) and chlorophyllin, its developed counterpart. There is a wide body of evidence that reveals chlorophyllin's anti-cancer and potentially life-extending qualities. Although much less similar evidence exists for natural chlorophyll (probably due to the fact that it cannot be monopolized), it stands to reason that chlorophyll itself would be at least as effective – if not more so.

Known Antioxidants Include:

Vitamin C

Vitamin C is widely available naturally in fruits and some vegetables including: citrus fruits, peppers, cruciferous vegetables, snow peas, sweet potato, plantain, cantaloupe, honeydew melon, peaches, asparagus, papaya and strawberries. Long used to prevent and fight off colds and flu.

Vitamin E

Vitamin E is said to protect the cell membranes that are vital to the overall health and functionality of the immune system. Vitamin E is also known to slow memory loss. Natural sources of vitamin E include sunflower seeds, almonds, spinach, Swiss chard, turnip greens, papaya, collard greens and asparagus.

Beta Carotene

Beta carotene is said to enhance the functions of the immune system, while protecting cells from the destructive effects of free radicals. Natural sources of beta carotene include sweet potatoes, carrots, squash, spinach, collard greens, turnip greens, as well as fresh cilantro and thyme.

Alpha-Lipoic Acid

Alpha-lipoic acid is another powerful defensive tool that helps regulate blood sugar while maintaining a healthy immune system. Natural sources include dark leafy vegetables like spinach, broccoli and collard greens.

Zinc

Zinc helps balance blood sugar, stabilize the metabolic rate and guard against immune system deficiencies. Natural sources of zinc include sesame seeds, pumpkin seeds, oatmeal and yogurt.

L-Carnosine

L-carnosine is an amino acid has the ability to function as an antioxidant, even when cells are being attacked by free radicals, preventing further damage. It supports cellular rejuvenation and healthy aging. Fish is a natural source of L-carnosine.

N-Acetyl Cysteine

N-acetyl cysteine is a potent, supplementary antioxidant that is said to prevent the flu, relieve one of its symptoms while shortening the duration of the bug's stay.

L-Taurine

L-Taurine is a key antioxidant that is said to strengthen heart contractions, increase blood flow, prevent hardening of the arteries and guard against heart failure.

Reduced L-Glutathione

Reduced L-Glutathione is said to be a master antioxidant that plays a major role in cancer treatment and protection. It is taken as a dietary supplement.

Coenzyme Q10

Coenzyme Q10 is said to help stabilize blood sugar, restore the power of vitamin E and help prevent cardiovascular disease. Coenzyme Q10 is available as a nutritional supplement, or naturally in fish and the germs of whole grain foods.

Melatonin

Melatonin is said to be a potent antioxidant that serves to protect the body from free radical damage. Natural sources include sour cherries, walnuts, tomatoes and olive oil.

Superoxide Dismutase

Superoxide dismutase is an antioxidant enzyme that counters the damaging effects of free radicals.

Copper

Copper helps protect the body by assisting in making vitamin C bio-available.

Folic Acid (Raw spinach, cabbage, asparagus, endive, citrus fruits, papaya, tomatoes and whole grains)

Vitamin B6

Vitamin B6 is another top-level antioxidant that's naturally found in brown rice, bananas and pears. It cannot be taken as a supplement alone or in high doses for too long.

Pycnogenol

Pycnogenol (available only in supplement form) is a strong antioxidant and free radical scavenger known for its anti-cancer properties. It is said to protect the brain by fortifying the blood vessel walls and guarding against stroke and dementia. Additionally, Pycnogenol is said to help keep collagen elastic and soften blood platelets for more efficient movement of vital, nutrient-rich blood through all the body's blood vessels.

Calcium

Calcium – found in leafy green vegetables like collard greens – may help reduce blood pressure and cholesterol.

Magnesium

Magnesium helps to calm rattled nerves. When you're under stress, your magnesium stores are quickly depleted. A magnesium deficiency can lead to digestive problems like abdominal pain, cramps, indigestion and vomiting, plus migraines, depression, as well as the even more serious conditions like diabetes and heart disease.

Manganese

Manganese is another key antioxidant and essential trace mineral. It is said to activate many enzymes that help maintain blood sugar levels, metabolism for energy and healthy thyroid function. Manganese – naturally abundant in green vegetables and sea vegetables – is also thought to help maintain the health of the immune system – as well as that of the brain and nerves.

Potassium

Potassium is said to reduce the risks of a variety of problems related to heart disease. The best natural source of potassium is organic banana.

Selenium

Selenium is an essential trace mineral and crucial antioxidant that works synergistically with vitamin E. It may also help prevent diabetes and heart disease, while strengthening immune functions and helping the body recover from a number of conditions.

Lutein

Lutein is yellow in colour and found in fruits and vegetables. It is said to act as an antioxidant by protecting cells against the damaging effects of free radical activity.

Lycopene

Lycopene is said to prevent bad (LDL) cholesterol from oxidizing and building fatty deposits on the walls of the arteries. Lycopene is thought to be even more powerful as an antioxidant than beta-carotene and is naturally available in red-pigmented foods like watermelon, pink grapefruit, beets and tomatoes.

Cayenne Pepper

Cayenne is known to help reduce cholesterol and to lower blood pressure, as well as prevent blood from clotting and the arteries from hardening. Cayenne can be taken in supplement form, or made into a potently hot, but helpful warm beverage.

Garlic

Garlic has antiviral, antifungal, and antibacterial properties. This boosts energy, making the body more able to fight off disease. Garlic can also help clean out arteries and lower blood pressure slightly by thinning the blood.

Ginger

Ginger is considered by many to be a heart tonic that is said to lower cholesterol and make blood platelets less sticky. Use freshly grated ginger in stir fries, salads, or brew it as a hot tea.

Ginkgo Biloba

Available in supplement form, Ginkgo Biloba is a free radical fighter that boosts circulation to the capillaries, allowing vital nutrients and life-giving oxygen to reach all tissues of the brain and heart. Ginkgo Biloba is also said to help prevent strokes, while aiding and protecting stroke survivors.

Ginseng

Ginseng has long been a symbol of longevity among the Chinese. It's considered an ancient herb that revitalizes and rejuvenates the whole body, while slowing the damaging and aging effects of free radicals.

Gotu Kola

Thought to increase one's stamina and vitality – making the body more resistant to disease while also reportedly reinforcing memory.

Green Tea

Green tea and Chinese green tea in particular, has well-documented cancer-fighting properties and regular consumption appears to counteract the negative effects of mutations and carcinogens from cooking at high temperatures. Also said to improve health functions and inhibit the growth of some tumours. Chinese green tea is also believed to protect one's teeth from cavities.

Change To a Healthier Diet

A healthy diet is one that is dominated by the most nutritious foods on the planet. This means that you eat plenty of fruits, vegetables, nuts, seeds and beans. In fact, these foods should dominate your diet.

Below are some of the foods that are considered to be the best sources of the vital nutrients we need for optimum health.

Fruits

Apple	Apricot	Banana
Blueberry	Blackberry	Cantaloupe
Cranberry	Cherry	Fig
Grapefruit	Grape	Kiwi
Lemon	Lime	Orange
Papaya	Pear	Pineapple
Plum	Prune	Raisin
Raspberry	Strawberry	Watermelon

Vegetables

Asparagus	Avocado	Beet
Bell Pepper	Broccoli	Brussels Sprout
Cabbage	Carrot	Cauliflower
Celery	Collard Greens	Cucumber
Eggplant	Fennel	Garlic
Green Bean	Kale	Leek
Crimini mushroom	Shiitake mushroom	Mustard greens
Olives	Onions	Potato
Sweet Potato	Romaine Lettuce	Seaweed
Spinach	Squash	Swiss chard
Tomato	Turnip greens	Yam

Nuts, Seeds and Oils

Almond

Cashew

Flax

Extra Virgin Olive Oil

Peanut

Pumpkin

Sesame

Sunflower

Walnut

Grains

Barley

Brown rice

Buckwheat

Millet

Oats

Quinoa

Rye

Spelt

Whole Wheat

Beans and Legumes

Black bean

Split pea

Chick pea

Kidney bean

Lentil

Lima bean

Miso

Navy bean

Pinto bean

Soybean

Avoid fad diets altogether. Many of today's popular diets are far too taxing on the body. It seems that in the interest of losing weight and seemingly looking more attractive, people will try almost anything – including those high-protein diets that can cause serious damage.

It's far wiser to make optimum health – and not just weight loss – your perpetual goal. There's no doubt that being overweight increases your risk of developing one of the major and deadly diseases. But that's just one factor and losing it at all costs is never a fair exchange. If you are overweight, it's very true that you're holding the door open and inviting in more health challenges than if you consistently maintain a healthy weight. But losing excess fat need not all that difficult if you're committed to making it happen.

Reclaiming a healthier begins with your grocery shopping. It used to be that people shopped at their local market on a daily basis. Foods were as fresh as could be – often straight from the farms.

Nobody did their shopping once a week, as is the routine these days for many. In fact with the big box stores and discount outlets that now dot the landscape, some people shop only once per month. Sure, you save on time and fuel, making one trip as opposed to many. But what are the real costs to your health? How can you put a price on your health and that of your loved ones? If you're shopping just once a month, how many days out of every thirty are you actually eating fresh, living foods?

Nothing is more important than one's overall health and wellness. When we're ill, most of us would do almost anything – or pay any price – just to get our health back. But when we seem to be okay, we mistakenly believe that we will always feel this way.

If you're shopping for an entire month, I suggest looking at every item in your shopping cart and assessing what you really have. Is it whole, natural foods you're buying, or are you mostly gathering manufactured food items that are filled with unnatural ingredients and potentially dangerous additives? Processed foods should come with warning labels. It's mostly dead food with additives. Think about this on your next shopping trip. And begin making those trips with greater frequency so you can get more fresh fruits, vegetables, nuts, and seeds into your diet.

Get started on the right foot with a healthy breakfast. Forget about the “traditional” North American diet of bacon, sausage and eggs, served with white bread toast and a powdered “juice” drink. That's nothing but a recipe for a health disaster. Instead, try a bowl of fresh cantaloupe, watermelon and pineapple, a steaming hot bowl of oatmeal with flax seeds, blueberry and lecithin on top, or perhaps a spinach egg-white omelette. There are plenty of options available and all of them beat the typical “greasy spoon” offering, or those pre-packaged, laded-with-sugar cereals that hordes of people consume on a daily basis.

Begin the habit of snacking on seeds, nuts, fresh fruit, or unsweetened yogurt parfaits. Keep plenty of fruits handy for snacking on the go including apples, oranges, bananas, pears, plums and apricots. It's also a good idea to have celery sticks, baby carrots, chopped bell peppers, broccoli,

cauliflower and the like ready to go for a quick, light meal or snack.

Go back to a simple way of living – a more natural way – where you eat simple, healthy foods. Consider growing your own organic produce if you have the space and time to tend to it. There's nothing healthier – or better tasting – than your own, homegrown fruits, vegetables and herbs.

Start paying greater attention to food product labels. Avoid pre-packaged foods like margarine, mayonnaise, salad dressings and prepared sauces. Though convenient and quick, the cost in terms of ill effects on your health probably doesn't make it a worthwhile exchange. If it's got next year's date on the label, you can be sure chemical preservatives have been added to the mix. Remember, fresher, additive-free is always a better choice than a product that's been given something to extend its shelf life. And organic, vine-ripened and freshly picked is best of all.

Ease up on barbequing foods – if you don't give up the grill and deep-fryer forever. And don't cook anything well-done on the cue because it increases the toxicity levels that enter into the food. Always drink green tea after eating a barbeque-cooked meal as the green tea acts as a free radical scavenger helping to negate the harmful effects created by this form of cooking.

A mostly vegetarian diet combined with fresh fish that's baked or broiled is a much healthier diet than the typical “meat and potatoes” meal many feast on almost every night of the week. In part, this kind of eating helps fuel the body instead of wearing it out, while at the same time, it helps to reverse arterial sclerosis that may have already set in.

Get More Exercise



Exercise is a wonderful thing. And it's something that the body demands. Physically, we are made for movement. That's why it's best to get some form of exercise every single day. Every single muscle of the body needs to be exercised routinely and if you don't use it, you're sure to lose it to some degree at some point in time. Unfortunately, though, on a mental level, we're just not programmed for regular exercise. The body craves it, but the mind often overrules. But for optimum health and wellness – regular exercise is a must.

Exercise is one of the major components of increased flexibility and strength. It's vital in helping the body ward off infections and disease. Combine regular aerobic exercise that gets the heart rate up for a period of time, with a healthy diet, nutritional supplements and a system for managing stress and you've got a solid foundation for living healthier and potentially much longer.

To protect against heart disease is a must. But the people most susceptible to serious heart-related conditions – the elderly and the middle-aged – are typically the ones who get the least in terms of physical exercise.

Since we aren't programmed for exercise, it takes a strong will and a determined effort to make daily exercise a part of your way of life. It can be difficult getting up off the old, familiar couch. We tend to look for easier ways to get by. But we need to completely flip that way of thinking around. When you exercise often enough for a continuous string of back-to-back days, you will eventually make it a habit. Once that's the case, it takes much less of a push to get going. You'll be subconsciously driven to exercise from within – from that point onward.

Seek ways to get in some healthy exercise. Climb the stairs instead of waiting for the elevator. Talk a walk through the park on your lunch break. Park your car at the far end of the parking lot and

then make your way on foot to the main door of the library, sports arena, or shopping mall. The more you look for ways to exercise, the more options you'll tend to notice.

It's really simple. The secret to effective exercise is to make it aerobic. The kind of aerobic or cardio exercise that we're suggesting you do is any form of moderate rhythmic activity like bike riding or brisk walking that gets the heart rate up over an extended period of time of half an hour to an hour.

Your heart rate increases, you work up a sweat and your blood circulation gets a nice boost as the blood courses through the vessels to deliver oxygen to the muscles you're using. Exercise is important – particularly for those who are not involved in work that does not involve lots of physical action.

Another benefit of aerobic exercise is that it stimulates the body's lymphatic system which helps the immune system with the removal of waste, toxins, pathogens, cancer cells and dead blood cells. Since the lymphatic system lacks its own pump, we need another method for keeping the lymph moving in an efficient and healthy way – and that's what aerobic exercise and deep, cleansing breathing does.

Whenever you're feeling stressed, go out and get some fresh air and exercise and chances are good that you'll feel much better when you return. Aerobic exercise is a terrific stress-reliever as it helps loosen tension and it clears the mind. It releases endorphins, which make you feel great. It lightens you up and frees you from the mental burden of stress, making you much more capable of handling any situation more effectively later.

Exercise gets the blood flowing, transporting vital oxygen and nutrients throughout the body. It stimulates the release of toxins and helps damaged arteries heal. Daily aerobic exercise can help you lose extra pounds and maintain a healthy body weight. It helps lower blood pressure and it reduces the amount of bad (LDL) cholesterol in the arteries. Regular exercise also strengthens the heart and the immune system as well. It's hard to argue with abundance of attributes exercise delivers and for this reason – daily aerobic exercise is highly recommended.

It's important however that you start slow and gradually the amount of time in which you exercise. It's equally important that you begin with easy exercise. Only increase the intensity after you've exercised for while and feel comfortable cranking it up a few notches.

Don't pretend that you're in the same condition you were twenty years ago, especially if it's been a long time since you've routinely exercised. Also, you need to know that playing sports isn't the same thing as exercising. Many weekend warriors sign up for adult slow-pitch, beach volleyball, or ice hockey. But these activities call for short bursts of intense energy, which can actually cause more harm than good to those who don't also power-walk, bike ride, or swimming every day. You can shift from years of sedentary living to being in shape to participate in competitive sport – even at the recreational level. Start today to get more exercise and only gradually increase the duration and possibly, the intensity as you become more capable and fit.

Exercise is typically part of a physical therapy regimen recommended after an injury. It can also ease the pain and improve other conditions like arthritis, for example.

Yoga is highly recommended as an exercise because it can be done at virtually any age. Yoga stretches the body and exercises the muscles. It involves healthy, deep, rhythmic breathing and leaves you feeling stronger, more empowered, vibrant and alive.

In any form of exercise, there are four basic keys to maximum benefit, without bodily injury. These include the following:

1. Warm up by stretching and deep breathing. Preparing the body for the activity ahead is crucial.
2. At the end of the exercise, take the time to cool down. Walk slowly or reduce riding speed. Stretch out the muscles and gradually return to your normal heart rate and breathing.
3. Before you exercise, be sure to drink lots of water. Proper hydration is very important. Have water with you during extended exercise periods.
4. Take plenty of antioxidants after exercising. Exercise actually increases oxidation, leading

to increased free radical activity that is harmful to the body. Antioxidants are free radical scavengers that protect you from harmful effects of free radicals. This way you get the full benefit of exercise without the very real risks that seemingly few people even know about.

Age Naturally – How to Live Longer and Enjoy Your Years



Life should be a beautiful experience. The human body is capable of living for one hundred healthy years – or more. Unfortunately only a tiny percentage of people get to reach this ripe old age – and few still in relatively good health. Death completes the circle of life. But all too often, it arrives much too soon. If the body is capable of healthy functioning for one hundred years, the question remains – what are we doing to ourselves to trigger this early exit from our earthly experience?

Eventually the body stops working and we all die. No matter what, something will get us in the end. Not exactly a positive perspective, but in fact, it is the harsh reality. However, I'm here to tell you that life was meant to be lived, loved, enjoyed and to last far beyond today's average lifespan of some seventy years – give or take.

With normal aging, the heart gradually weakens, even without the presence of any significant measure of heart disease. The whole system becomes less efficient and eventually begins to wear down. And all tissues of the body have a finite period over which they can survive.

What we can do is begin to take greater care of our own bodies – starting today.

If the heart is working harder than it should on a regular basis – such as is the case with high blood pressure – it's actually causing the organ to age prematurely.

Most of us need to work at slowing down the regular heart rate, improving blood circulation and clearing out the arteries, veins and blood vessels so all the cells, tissues and organs remain healthy and nourished. Those are three major defensive actions steps that can go a long way towards not just lengthening one's life, but ensuring those are enjoyed in vibrant health and wellness. Add in the regular consumption of plenty of antioxidants and you would likely be far healthier than the average person and likely to live longer, healthy and strong.

Another somewhat obvious step for many people is to lose the extra weight they're carrying around. Added pounds are another strain on the heart, causing it to work harder every day – and eventually expire before its time. Gaining some body fat is normal as we age.

So we need to pay attention to our bodies and our dietary habits. Specifically, it's a good idea to eat more vegetables – raw or gently steamed and whole grains. Learn to flavour your vegetables and salads with herbs, spices and simple ingredients like fresh-squeezed lemon and extra virgin olive oil. Store-bought sauces, dressings and other garnishes can add not just chemicals, but more body fat than you bargained for.

For some people, losing weight is a losing battle. For those unfortunate folks, weight gain seems to occur even with a significant reduction in calorie consumption. The problem seems to be the hormone insulin and its overproduction can cause one to gain weight uncontrollably. When the blood is saturated with insulin, the body cannot release accumulations of fat – even with a limited diet and exercise. High insulin levels trigger the blood glucose levels to dwindle – bringing on frequent hunger. If you're hungry all the time, you're going to eat more than you should to gain some temporary relief and so those extra pounds continue to be added.

Stress Less and Live Longer

Want to know a secret of living longer and getting more life out of those years? It's as simple as lowering your stress level. For some folks, being stressed-out on the job or from teenage children is a regular thing. But all that stress is wearing you down unnecessarily.

Let's face it – stress is a common ingredient in today's society. Similar to the exploding epidemic of obesity, stress is another primary problem of the age we live in and it's not going to go away on its own. Many people are under economic pressure. They are worried about losing their jobs and often doing the work of two people just to hang on. Kids can be a handful at any age. And many baby-boomers are feeling the burden of having to care for ailing and under-financed parents. It's enough to push anyone into stress overload. But what you **MUST** realize is that no matter what –

you can gain back a sense of control in your life.

Whenever you notice any stress coming on – it's time to step away – mentally and physically, if possible. Separate yourself from the situation and the overwhelming thoughts. Take a few deep, diaphragmatic breaths.

Breathe slowly and deeply and as exhale, utter (or imagine) the words R-E-L-A-X in big bold letters and imagine a wave of relaxation washing over you.

Let it go. Whatever thought, concern, or issue is causing the stress – just let it go. Refuse to be burdened or overwhelmed. Give it a time-out. Set it aside. If you take in some fresh air and exercise – by all means do so and while you're doing that, simply release all thoughts pertaining to the situation that caused the stress in the first place. When you're ready, you can come back to the issue with a better sense of perspective and reason. If you got some exercise in, you'll feel recharged and more capable of handling whatever is on your plate.

Stress increases blood pressure, causing the heart to go into overdrive and that's not a good thing. Often the physical symptoms of stress appear in the form of a headache, upset stomach, overall fatigue, tense back and shoulder muscles, sleep problems, or chest pain. It can overthrow a happy and productive mood quickly, making you feel anxious, restless, sad, angry, irritable, depressed or unmotivated and lacking any focus. Stress triggers immediate physical behaviours that can often make matters much worse like overeating or under eating, dependence on alcohol or drugs, social withdrawal or an outburst of sheer anger.

The body is designed to respond in stressful situations. Stress is noticed and perceived as a danger sign, which in turn triggers a “fight or flight” response in the body. What happens inside is this: hormones like adrenalin and cortisol are released, the heart rate soars, digestion slows to a crawl, and the blood flow is directed to major muscle groups to prepare the body with strength and energy to fight off the physical threat or to get as far away from it as fast as possible. In an era long ago, this response served humans quite well. But physical confrontation or running away

from stress-triggering outcomes is not a practical or useful response to the kinds of issues that bring the most stress today.

When the perceived threat is gone, the body is designed to return to its normal state once again. But the real and cumulative problems occur when the body and mind don't have the opportunity to return to normal functioning. The problem experienced by so many today is not just stress – but CHRONIC stress – which occurs when relaxation doesn't happen often enough. It seems that regular vacations and mental breaks throughout the day are truly helping people heal and recover from the stress in their lives.

Chronic stress is a real threat that damages the body. Each of us can handle a certain amount of stress and fully recover from it. But once that threshold is crossed, recovery is intercepted by more stress. As stress becomes chronic, the symptoms take on more serious characteristics. Chronic stress can trigger diabetes, ulcers, cancer, heart disease, hyperthyroidism, depression, hair loss, obsessive/compulsive disorder, extreme anxiety, tooth and gum disease and more.

Thankfully, there are plenty of healthy, all-natural ways to combat stress and the sooner you take action, the sooner you can get back to normal. Take swift action and your symptoms of stress may not be as severe either.

Everyone should get at least some exercise every day. That can go a long way towards counter-attacking stress. But there are a whole host of other activities you can participate in to ease stress, minimize or eliminate symptoms and help you feel much better. Stress relieving action steps include: listening to soft music, enjoying the sounds of nature (crashing waves, birds singing, a babbling brook or rain storm), prayer, meditation, visualization, affirmations, candle-lit dinners, deep conversation, spending quality time with a loved one, yoga, tai chi, playing with a pet, spending time doing what you enjoy, engaging in a favourite hobby, taking a hot bath, sitting quality in a dark room with nothing but candlelight, enjoying a roaring fire and a good book, watching an old movie, or counting your blessings and listing everything that comes to mind of which you are profoundly grateful for having in your life.

Give Up The Things That Harm You



Your body is your temple and you need to treat it with the utmost care and respect. That's the best way to ward off those deadly diseases that have become a sign of times. Learn to listen to your body and to pay attention to the signals it gives you. Re-awaken to the design of your magnificent being and give it what it needs, while steering clear of things that may be problematic.

Good health and maximum protection begins easily enough – with sleep. Your body needs a certain amount of rest, typically around eight hours per night. When you deprive the body of its essential rest, you pay a huge price in compromising your health. Sleep is a time of restoration, rejuvenation and healing. If you cut your sleep short, you're essentially short-changing your body and putting excess demands on it.

There is also a good chance that you could significantly improve your overall health by improving your diet. All you have to do is think about what you eat before you consume it. Actually, awareness begins long before the food reaches your plate. If you bought only foods that nourished the body, how much healthier and better protected would you and your family become? If you're used to a regular diet of junk foods, switching to carrot and celery sticks is a huge leap – and a difficult one to take. You may need a more gradual approach to allow the body to adjust. But ultimately, with every food considered at the grocery store, you should ask yourself, is this nutritious food for the body, or is something that will likely cause me and my loved ones harm? If you're honest with yourself, and you begin to make better choices, the things you habitually buy will change. It may hurt a little in the short term, but the life-long payoff is something you just cannot get any other way – at any price.

If you improve your quality of sleep, it tends to improve your dietary choices, just eating healthier, all-natural foods tends to improve one's sleep.

The sooner you can give up junk food altogether, the better it is for your body and the greater your odds of avoiding one of the big killer diseases. Of course, that's just one small step, but a definite step in the right direction. Junk foods include candy bars, potato chips, corn chips, cheese twists, cakes and pastries, soda pop and any other similar type of product.

Many of these types of are, by and large, loaded with chemicals and empty calories. Chips are often cooked in trans-fats – a definite troublemaker if there ever was one. Consuming this is like eating flavoured garbage.

The taste may be appealing, but you're doing your body a great disservice by allowing this garbage to enter. You force the body to process everything you consume, yet there is zero nutritional payoff and in many cases eating these kinds of foods. The real shocker is that you may even be poisoning yourself and your family.

If you've ever wondered why kidney and liver disease is on the rise, you might begin by looking at your preferred choices when it comes to snack foods.

Give up sitting on the couch and watching television in favour of activities that involve movement. It's only logical to think that since the apparatus we've been gifted with was made to move, that we look for opportunities to put the body into motion.

Eat in moderation. Somewhere along the line we arrived at a point where more was better and we've been stuffing ourselves with far more calories than our lean, efficient machines really need. Again, we need to pay attention to the body's design. Eat when you're hungry, rather than at some pre-scheduled time of day. Avoid overcooking your food and depleting it of nutrients. Minimize barbequing and deep-frying and eat more raw or lightly-steamed foods.

The body's systems are being abused when we feed it too much animal protein, fast food and processed concoctions in cans, jars and boxes. Of course it's convenient and fast food can taste pretty good. If that wasn't the case, these restaurants would not exist and those processed foods would soon disappear from store shelves. In small doses, a healthy, non-compromised body can

usually defend itself quite well against such poisons.

But once overtaxed, the body loses its ability to rid itself of the toxins you ingested.

You're giving the liver and kidneys more than they can handle. That's when serious health issues like cancer, heart and brain disease and others begin to take hold. Any way you slice it, fast, processed, junk food is not at all in harmony with a healthy body.

Think of eating as an essential function for feeding, nourishing, strengthening and protecting all the cells of the body. Are you giving your body nutritional foods, or are you feeding it toxic soup?

There's something else you should try and give up too and that is worry. Worry is negative energy that stresses you out and impairs normal, healthy functioning. If you're preoccupied with worry, you're in the wrong state of mind for optimum health. Most of the things people worry about can't be changed by all the worry in the world anyway. So why bother worrying about it?

Worrying can increase blood pressure, which forces the heart to beat faster and work harder. Giving up worry once and for all (not an easy task, but a worthy goal that can be reached) and you ease the unnecessary burden on the heart while making the body more resilient and capable of fighting off threatening intruders.



Take your time eating and enjoy the process more. Give up the habit of “grabbing a bite to eat” just so you can rush right back into the thick of things. Eating should not only be about nourishing the body. It's also about comforting the soul. Relax as you refuel.

Eating slowly is not only better for your digestive system -- it also allows you to more fully enjoy the experience. An added bonus is that when you eat slowly, you tend to eat a lot less than you normally would.

Avoid Typical Dieting Processes



Everyone needs to eat and we all need to ingest a minimum amount of calories to sustain life. That's pretty clear – and obvious. But problems arise when we're given unlimited choices. If we were all fully aware of the potential ramifications of certain foods, surely most of us would prefer to make safer, healthier choices. But the truth is that a lack of awareness may not just be making people heavier and less healthy in a general sense – it could also be killing us prematurely.

It's my belief that eating meat from the supermarket or butcher shop today is not very healthy at all. For one thing, it's animal protein that you're getting and if you eat meat every day, you're probably getting too much protein, which can lead to multiple health issues down the road. Secondly, raising animals for slaughter has become big business that's driven by profit. The intention is to raise these animals and sell them off as quickly as possible to generate the largest possible return. This results in animals being feed genetically modified foods. They're also given injections and antibiotics. By the time this meat reaches supermarket shelves, it's also been treated with chemicals and coloring to make it look more appetizing.

You should also know about dairy products – and milk in particular. Dairy cows are often now injected with an insulin-like drug called growth factor 1 – a substance that can actually trigger cancer in humans. Since it's now dispensed by injection, the amounts given to dairy cows have increased significantly. These animals are also fed genetically-engineered foods, instead of a completely-natural diet.

If you regularly drink milk from a cow, my question to you is, can you be sure that what you're dinking is 100% safe? Oh sure, the milk marketing boards and advertising agencies want you to believe that their milk is a healthy source of calcium and other nutrients. But what they fail to disclose is what actually goes into the animal that very likely affects the milk it produces. Again,

conduct your own due diligence and find out for yourself.

Do not leave it up to government bodies to protect you and your family – you've got to step up to the plate and check it out for yourself.

If you can find a trustworthy source of organic milk from grain fed cows, you're probably much better off than buying any of the large commercial brands sold in grocery stores.

When you're on the run and just too busy to eat a freshly-prepared meal, don't be tempted by those fast-food drive-through restaurants. Grab a banana, yogurt, a handful of almonds, or an apple instead. High-fat, high-sugar, and empty calories from dangerously cooked fast food may save you precious minutes in the moment, but cost you years in the long run. I think it's fair to say that this is hardly a worthy exchange.

Here is something else you need to watch out for – recipes. If you watch any cooking shows, read any magazines, search for recipes online, or have your own collection of prized cookbooks – you must to consider nutritional values. Here's the thing – the huge majority of recipes are prepared purely from a taste and appearance perspective. Most chefs are primarily focused of creating dishes that their guests will enjoy and remember. Precious little time and attention is given to preparing foods that are healthy and soothing to the body.

Any home chef can make a dish taste amazing by adding things like butter, fresh cream, processed sugar, and empty-calorie foods like white flour to a meal. But there's often a cost to be paid when using any ingredient with a potential downside. Real skill abounds when one can turn healthy, all-natural food into a glorious taste sensation and this is something that although challenging – is definitely doable.

Diet programs should could with their own warning label attached. Everyone knows that the diet industry is one huge money maker and it feeds off our desire to lose the pounds we never should have gained in the first place by eating right. Some diets are successful in that they help people lose weight – particularly in the short term. But for many people, the enjoyment is short-lived

when they find themselves going back to old habits and gaining back not just what they lost – but more for good measure.

But that's only part of the problem – and certainly not the most important. Some diet programs – like those high-protein diets – can be extremely taxing to the body's immune system while causing hormonal and chemical imbalances.

In the end, you may become thinner, but you're not nearly as healthy as you think you might be and you're far more susceptible to infections and disease.

Years ago there was a popular saying, “you are what you eat”. It's actually a shortened and translated version of the French phrase “Tell me what you eat and I shall tell you what you are”. The gist of the meaning is that the type of food you eat is a reflection of who you are as a person.

If you want to feel more alive, I heartily recommend eating more “live” food. Fresh living foods are the healthiest foods we have available to us, so getting more of nature's bounty onto your plate is a naturally healthy thing to do. At the same time, you need to become more aware of packaged and processed goods being sold and the claims made by these food “manufacturers”. Even moderate amounts can inflict damage and start one down a dark and desolate road that no one deserves – or wants. Somehow the terms “food” and “manufacturing” don't seem to belong together – at least not as part of a health-seeker's vocabulary.

Avoid food additives. Read the ingredients on the package and look them up if you're unsure. Manufacturers don't add things to make the product healthier, they do it to help preserve it and to enhance the color or flavor. Become a more knowledgeable consumer and it will serve you well in helping to call a manufacturer's bluff when certain names are changed as more people catch on to just what's inside. Steer clear of margarine – there's nothing healthy about that manufactured product despite glossy advertising claims and avoid all trans-fats and partially-hydrogenated oils as well.

Forget fad diets and establish your own healthy dietary habits. For example, you might begin by eating more fish instead of red meat. What you're doing from a health perspective is replacing toxic protein sources in meat and opting for the much healthier choices like wild salmon, trout, cod, sea bass and mackerel. Try switching from cow's milk to soy, rice or almond milk.

Make sure it's made from organic ingredients. You may prefer vanilla-flavoured, but I urge you to add your own vanilla with a splash of maple syrup or pure honey – instead of buying one sweetened with sugar.

Eat more soy and soybean-based products. You can find soy milk, soy yogurt and soy cheeses in stores. Add nuts and seeds to your raw salads and whole grain cereals. They're also excellent as a snack and provide a healthy vegetarian source of protein. And speaking of whole grains, oatmeal makes a superbly nutritious meal when topped with seeds and fruits.

Try other ancient grains too like millet, spelt, quinoa, amaranth and teff. Make more salads for lunch and even dinner. Mix it up and you'll enjoy getting more fresh and raw vegetables into your diet.

When it comes to fruit – there are plenty of options. Since it's one of nature's very best categories of foods, you should always ensure a good supply and variety of fresh, organic fruits. Leave apples, plums, pears and oranges in a large bowl on your kitchen counter. Whenever someone gets hungry, reach for the fruit. It's satisfying, tasty and highly-nutritious too – and it won't spoil anyone's appetite for dinner either.

One ingredient you'll want to look for in products – and avoid as much as possible is salt or sodium. Many packaged foods are loaded with it because it makes a highly-effective preservative. Opt for low or no sodium varieties instead.

If you've got a high-speed blender, you can make delicious and healthy nut butters like almond butter. These can replace regular butter on toast, be added to a sandwich (far superior taste and

health benefits than any commercial peanut butter on the market), or stirred into and mixed with other ingredients to make an amazing sauce to compliment a Chinese or Thai stir fry.

Another dietary change that offers healthful benefits is to switch from coffee and black (orange pekoe) tea to herbal or green tea. Green tea can be a helpful antioxidant. But there is also an endless supply of herbal teas on the market. Check it out by reading the labels first, which is something you should do with every product.

Know Your Enemies and Strengthen Your Defenses



One of the first steps you can take to guard against today's deadliest diseases is to prevent oxidative stress caused by inflammation from free radical damage. How do free radicals get inside your body? It's mostly "lifestyle" factors of diet and environment. It's eating the wrong foods... cooking in unsafe ways... getting too much exposure to the sun and many other things in the environment that can be extremely harmful to humans. It is said that heart disease, cancer, Alzheimer's Parkinson's, arthritis and more are triggered by free radicals.

Among the most dangerous environmental elements we are exposed to -- automobile exhaust and industrial pollution -- permeate the air and are definitely not safe. It's a fact of modern life. The more you can distance yourself from such sources and the cleaner the air you breathe, the less you are negatively affected by airborne toxins that trigger free radical activity.

Free radicals are dangerous molecules in the body that obstruct normal cell functioning causing impairment that leads to oxidation. Oxidation in the body is like rust on an automobile. When a molecule loses one of its electrons, it becomes an unstable free radical in a highly-reactive state where it can cause serious damage. Brain cells are particularly susceptible to the destructive forces of oxidation. Inflammation and lesions are caused by free radicals, which in turn provides stopping points for cholesterol to build up, narrowing the artery and forcing the heart to pump harder to get the blood flowing through the congested arteries.

The body cannot wipe out free radical production completely. These destructive forces are always going to be around to some degree. But what we can do is gain greater control over the situation, limiting the destructive effects of free radicals with a healthy diet supplemented by additional antioxidants.

Another key step many of us can take starting today is to reverse our excessive weight. It's time to get back in shape and trim down to a healthier size. High fat diets put everyone who indulges at greater risk, making them much more vulnerable to one of more of the major killer diseases. For example, the cancer rate soars in those who are significantly overweight. Many heavier people develop type II diabetes, another killer disease.

And when you're overweight, you're literally forcing the heart to continuously work at an accelerated rate, taxing it to the extreme. When you're overweight, your risk of heart attack and stroke rises notably.

If you want to get serious about avoiding the deadliest and most debilitating diseases of the day, you simply must get your weight under control. Mostly it comes down to treating the body in the right way. That means plenty of movement and exercise, with a cautious eye over what you take in. The body needs to be nourished with the right kinds of foods. But in most cases, due to depleted soils and the overall loss of nutrients in our foods, supplements are also needed to make sure we're getting enough of the essential vitamins, minerals and other vital elements the body needs for peak functioning. When you eat nourishing foods, your body gets the nutrients it needs.

Another way to boost your health and better guard against disease is to reverse arterial sclerosis – the build-up of cholesterol deposits along the artery walls. With even partially clogged arteries, you're at a greater risk of a heart attack or stroke. When an artery leading to the heart gets blocked, it can lead to a heart attack. When it's an artery to the brain that gets jammed up, narrowing the pathway of the blood, it often triggers a stroke.

Switch to a diet that helps lower cholesterol. Some of the best foods for lowering unhealthy cholesterol include oatmeal, oat bran, apples, pears, blueberries, watermelon, papaya, tomatoes, barley, fish (salmon, halibut, albacore tuna, lake trout, herring, mackerel), salt-free nuts like walnuts, almonds and pecans, and extra virgin olive oil.

Reducing the amount of food you take in can also strengthen your defenses. When key organs like the liver and kidneys become overworked and overloaded, they cannot function as intended.

They lose their ability to cleanse the body of harmful toxins and these poisons remain, further compromising your health and wellbeing. The real problem with overeating is not usually the total consumption of food. Serious problems occur when we eat excessive amounts of protein and processed foods. The body can only handle, filter and excrete a finite amount of food. When it becomes overwhelmed, it cannot function efficiently and this leads to a major health crisis.

This problem is easily solved by slashing the amount of foods we consume every day and boosting the proportion of healthy foods in our diet.

Other Known Dangers You Should Avoid



Taking charge of your health and protecting yourself and your family from a health disaster begins with you. Make health a dominant priority in your life and you'll quickly notice how truly unhealthy most people are by the choices they make. It's time to separate you from the rest of the pack. Don't just sit back accept the status quo as it is – do something about it. You can better protect yourself by knowing what to avoid and following through. The items below are things to be avoided, or in the very least, minimized.

To protect yourself and your family from serious illness, it's important that you avoid the following as much as possible:

Pesticides, Herbicides, Fungicides, Bug Killers and Most Fertilizers

Most are engineered to kill living organisms, so it only stands to reason that steering clear of these harsh toxins is something everyone should do

Chemicals

All chemicals wherever they exist including in foods, cleaning supplies, laundry supplies, industrial and vehicle pollutants, building supplies, and packaging for products

Excessive Sun Exposure

Direct sunlight can cause serious health issues like skin cancer and your best protection is to remain covered up and protected

Smoking

And anywhere that second-hand smoke exists. Nothing good comes from smoking and it is known to shorten life for anyone breathing it's its noxious fumes. Non-smokers need to be particularly vigilant in avoiding second-hand smoke.

Chlorinated Water

Be sure to filter all water coming into your home if your water supply comes from a municipal treatment plant where chlorine is added. It's not just drinking water that should be protected as chlorine and other impurities can enter the body through the pores of the skin.

Cosmetics

Shampoos, soaps, deodorants and hair dyes that contain potentially dangerous chemicals. Opt for healthier, more natural products available in health food stores.

Household Cleaning Supplies

Air fresheners, scented aerosol products, perfumes as well as most car cleaning sprays and solutions. These chemical blends may produce a pleasant scent, but the harmful ingredients can spread toxins throughout the air inside your home (and car) and that's never a good thing.

Fluoridated Water

And dental products like toothpaste. Again, fluoride s another chemical agent added to the water supply by many municipalities but it can be dangerous to the human body.

Dry Cleaned Clothes

Are typically treated with harsh chemicals that remain on your clothing long after you've picked up your laundry from the dry cleaners.

Renovation Products

Such as oil-based paints and furniture strippers and polishes contain toxic chemicals that pollute the air, but can also get into your body through contact with the skin. Living close to hydro wires or power plants, particularly of the nuclear variety is a potential danger.

Food

Smoked meats may be the worst of all meats because they are either salt or nitrate-cured heating foods in plastic containers or wrap. Plastics contain chemicals that can leach into food.

Food dyes of all kinds are detrimental to good health. Reportedly, the worst offender of all is red dye number three – a product often found in sodas and other junk food products. Refined sugar may contain silicon. Processed sugar is abundant in junk foods and present in many other foods such as baked breads and many other foods too.

Foods and drinks containing popular sugar substitutes like aspartame and NutraSweet should also raise a red flag. Manufactured chemicals of any kind are typically at odds with the body nature designed. Prescription drugs and antibiotics except in emergency situations. Foreign substances can wreck havoc on the body and in many cases, can be avoided altogether.

Knowing what to stay away from and following through with consistent action makes for a healthier environment and a healthier body. Serious threats are everywhere, though they are often glossed over as being present only in “insignificant” amounts. I don't know about most people, but for me, I'd much rather avoid exposure to all known poisons and increase my odds of living healthfully and happily.

Take Small Constructive Steps Daily and Make a Big Difference



It's not about what you do one time only, or once in a blue moon that makes a difference – it's what you do day in and day out that counts. Daily habits shape who you are, what you become and the state of your health and wellness. If you want to gain greater control of your health and reduce the risk of you, your spouse, or your child of acquiring a life-threatening illness, start by taking those first few baby steps today. In this section, we'll discuss some of the positive and proactive things you can do to dramatically improve the odds. Better health and protection begins with you and the choices you make.

Whenever possible, buy organic produce or grow your own. It would take some serious planning, ideal growing conditions and substantial gardening skills to be able to grow enough fruits, vegetables and herbs on your own – organically. Not to mention the time commitment.

But if you have the requirements and the commitment – there's nothing better than the fresh taste and nutritional punch you'll be adding to your diet if you base it on consuming a variety of fruits and vegetables. It's the only way to know with absolute certainty that nothing harmful was ever on the plants or fruit. The “certified organic” label should indicate pure, pesticide-free produce, but different regions of the world and farmers can at times have their own definitions of what is organic and what is not and some produce tends to demand extra treatment. Just keep your eyes and ears open and always be suspicious because as one gourmet chef told me, the organic industry, like any other, is susceptible to occasional fraud and misrepresentation. So, it's a case of "buyers beware".

Having said this, I feel safe enough about buying organic frequently whenever it's available – and I recommend you do the same too. If organic is unavailable or too expensive, the next best thing you can do is wash your fruits and vegetables thoroughly in an organic spray wash, available from

most health food and some grocery stores. A third option is to place your produce in a kitchen sink half-full with cold water. Add a few pinches of sea salt and the juice of a fresh lemon and thoroughly wash your fruit and vegetables in this mix, rinse off and gently dry.

Either method works well to remove any surface residues and impurities. The only thing it cannot do is remove any chemicals that may have penetrated the skin of the produce.

Try alternatives to commercial dairy products and milk in particular. Sure, it takes getting used to, but it's a safer and healthier alternative. Organic soy milk is widely available now, but do read labels and understand what any additives can do to impact your health. Watch out for over-sweetened varieties – it's better to buy it unsweetened, and then add a little natural honey or molasses. I prefer adding a little pure vanilla as well to enhance the flavour. Soy isn't the only option. You can also find rice milk, almond milk and coconut milk at many stores. Again, what you want to be on the lookout for are the commercial products with added ingredients that do not serve the body in a positive way.

Ultimately, the healthiest milk product to feed yourself and your family is the kind you make at home. It's easy to do if you have an industrial-strength blender like the Vita mix, for example. Just make sure you start with fresh, organic ingredients. In the case of soybeans, it's the most genetically-modified food on the planet. So be careful when buying whole soybeans – or any soy-related product for that matter. Rice milk is easy to make, as is almond milk.

Making the switch away from commercially-prepared cow's milk to homemade soy, rice or almond milk is another giant step in the right direction towards optimum health and maximum protection from evil disease.

Get in the habit of using more natural products instead of manufactured products. Natural, unpasteurized honey and pure maple syrup are far better options than refined sugar, which is still widely used. Scrutinize product labels and challenge food distributors over any questionable claims. Find out what's really inside of products you assume are safe to consume. Ask retailers to carry a greater variety of organic produce. Voice your opinions over products that are promoted as

having some health-giving properties but that in reality offer no positive value or are downright dangerous.

If you're not already exercising every day – it's time to step up and become more active. There's no excuse for not doing more to oxygenate your body. The trick is to make it an enjoyable activity and start slowly. If you go at it too hard, you'll defeat the purpose and the pain will cause your brain to seek out excuses for not exercising more in the future. But you could also do much worse by overexerting without the necessary warming up or getting used to exercise by easing into it.

Do not overlook this important detail. If you are mostly inactive during the day – you can't jump right into running marathons. Whatever it takes – get out there and get moving.

Another small step you can take that can have an impact on the health of you and your family is making your own sauces and condiments, instead of buying the preservative-laced supermarket options. It's easier than you might think and far better for you by reducing the chemicals that get into your system. When you eat in restaurants, seek out healthier options like brown rice pasta, or healthy garden salads with a light dressing on the side. If you're having trouble finding healthier options in a restaurant, let your preferences be known to management.

If guests repeatedly make special requests, any sanely-run operation is going to make changes to be as accommodating as possible to not lose your business. Knowledgeable consumers who are willing to speak up are a powerful force in today's world.

You've probably heard for a while that you should eat your vegetables – and that's certainly true. But you probably need to eat a lot more of them – particularly leafy greens and cruciferous veggies like brussel sprouts, broccoli and cauliflower.

Buy locally grown, organic produce at every opportunity. The shorter the distance and time from God's green earth to dinner plate, the more nutrient-rich the food. Fresh and local is always best. Frozen fruits and vegetables can substitute for convenience and whenever their fresh equivalent is

unavailable. Given the choice followed by frozen, bottled and canned – in that order. Fresh is always best and the purer the fruit or vegetables, the more positive value they contribute to your diet.

Begin supplementing your new, healthier diet with nutritionals like vitamin C, vitamin E and magnesium. Most of us are deficient in these essentials, therefore supplements are necessary. Adding these and others as you and your healthcare advisor see fit makes complete sense.

Finally, when it comes to improving your health, you've got to become your own best advisor. Consider all options. Get multiple opinions. Conduct your own research and due diligence. Nobody else has an interest in your wellbeing to the extent that you do.

Know that your doctor may be sincere and knowledgeable in specific areas. But doctors are often busy and may depend more on information from the pharmaceutical representatives who are ultimately working on behalf of profit-driven corporations. All I'm saying is that you need to maintain an open mind and seek out as much information as you can. Nothing is more important than your health and that of your loved ones.



Conclusion



It seems pretty obvious that if one is born healthy, it is something taken in after birth – in the air, water, or food supply – that most likely contributes to or causes illness or premature death. In my view, the root of the problem of today's deadliest and most debilitating illnesses come from dangerous chemicals that lie within those three elements.

The problem of pesticides and chemicals found in a variety of foods, as well as the antibiotic-laced meats that are widely consumed by the masses, is something that is by and large swept under the rug. It's an issue that is kept quiet, yet it perpetuates. Part of the reason is that we all have to eat and so therefore, food has become big business. Obviously the money-driven industries don't want to raise any red flags that could result in lower sales. And due to the potential economic fallout, government agencies and the media have a hidden bias against the widespread exposure of certain pieces of information. Jobs, the economy and perceived performance of elected officials often take precedence over the health of the people. I find it ironic that government agencies designed to protect its people can actually do more harm. It's a case of bureaucracy gone wild and the implications are far-reaching. The result of it all is that you and I are basically left on our own to figure it all out.

It seems logical that chemicals like pesticides, herbicides, and fungicides could be harmful to humans since they are designed to kill living organisms. There has got to be a better way and there is. But until enough consumers make the connection and revolt against it, this kind of destructive pollution will carry on.

When it comes to the dreadful diseases of the day, preventive action is the real solution. Prevention is the real cure, yet it triggers very little attention of discussion. You just don't hear much about preventing heart and brain-related diseases or cancer. Instead the focus is on conducting more research and finding some miracle cure that you can take as a pill and completely

wipe out any cancer in the body. If you're waiting for such a miracle, don't hold your breath.

Despite billions in public money raised, purportedly in hopes of a cure – no such cure exists. Therefore, it stands to reason that each of us must take more responsibility for fighting the enemies of sound health.

You have the primary role in keeping yourself healthy and cancer-free, while maintaining your weight and overall health. There's no magic pill for correcting the deadliest afflictions once they show up in the body and it's unlikely that there ever will be one. And if by chance there is, the list of possible side-effects may be too worrisome to even bother – even with a disease that could kill you. No one wants to get sick, or find themselves on that horribly darkened path of uncertainty. But today, you can begin to do something about it. Today you can change direction and take another path back to the optimum health that nature intended.

Shift your mind and attitude and make a difference in not just your life – but every profoundly-important life in your experience. Shore up and rebuild your immune system with gentle, natural solutions. Change your lifestyle by getting more active, drinking more water and fewer chemicals and by eating in a way that nourishes the body instead of damaging it. Stop feeding the inflammatory, biochemical and hormonal processes that bring you harm. Go all-natural instead.

It's important that you take action now to combat any false trust, indifference, ignorance or sheer laziness that leads you to what is essentially an unhealthy way of living with a higher risk of deadly disease. Forget the “pill” mindset of the masses and change your ways. Make better choices and remain, healthy strong and disease-free for life.