

## The Road To A Healthy Lifestyle

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In the search for better health, many people seem to be wandering along a road of blind curves, steep cliffs, and other hazardous conditions. When it comes to basic nutritional needs, sometimes the path of least resistance will surely lead to disaster. In the area of nutritional supplementation, there are thousands of road signs that attract us with flashing neon lights, fancy wording, and promising phrases ~ take this pill for more energy, or to sleep better; drink this for stronger bones; pop this to feel younger; chew two tablets of this for tummy aches; eat this for whatever ails you ~ and the list goes on and

on. So, which turn do you take? It is quite confusing, isn't it? Wouldn't it be better if there were a road map with markers, lights and signs along the way to clearly guide you? Well, the good news is there are ways for those who are truly interested in improving their state of health and well-being, complete with road maps and tour guides to assist you, and check points to keep you on the right track to better health.

It is no secret that there is a serious need for nutritional supplementation; however, a person should not waste time and money of supplements and vitamins their body may not need, or cannot consume and utilize. It has been said that we are what we eat – but the simple truth is we are what we absorb! Therefore, it is imperative that we properly absorb the nutrients that we intake. Many people simply “guess” at what they think their body needs, and wonder why they did not get the results they were looking for – if any at all. Research shows that due to current lifestyle and environmental factors, many individuals may be lacking in a number of nutrients that need to be restored on a daily basis. But there could be more harm than good in supplementing “just for the sake of supplementing”, or “guessing” at which supplement to take. Let's take a look at nutritional needs:

When it comes to nutrition, most people are on the wrong track. In the United States alone, 1.5 million people die every year – not from old age – but from diseases that have been called “*largely preventable*”. We are literally killing ourselves with the lifestyle choices that are made every day. Our Standard American Diet (SAD), the way our food is prepared, our exercise habits, as well as the numerous poisons and toxins in our air, water, and food supply, are largely to blame for the rampant ill health in our country today. Although the U.S. is one of the world's richest, most advanced nations, **malnutrition** is very common. The dangers of obesity alone are well-known, but we are still 54% fatter, as a nation, than ever before! And, the U.S. ranks #43 in the world for degenerative diseases! This is a shameful statistic! Obviously, what we are doing for our state of health has not been working. We spend billions of dollars on “*so-called health care*”, while ignoring the basic root cause of the problem . . . *LifeStyle*.

The solution is basically straightforward. It begins with the Body/Mind/Spirit connection, which sets the stage for a proper and healthy frame of mind; an open attitude of willingness to seek out other possibilities; and the acceptance of self-responsibility for making the changes necessary to enjoy a healthier and more pleasing lifestyle. Today, it is commonplace for many people to assume that it's natural – therefore, “*normal*” – to *NOT* experience a state of well-being, with lots of energy, vim, vigor, and vitality. After all, most everyone else feels the same lousy way, so it must be “*normal*”. Of course, this is far from the truth. We should EXPECT to have the energy, mental clarity, focus, strength, and vitality that we need each and every day of our lives. All these things are possible IF we nourish our body and provide it with the fuel it needs to function and maintain a constant state of homeostasis.