

Natural Healing Express Weekly

Column 217 Secrets of Longevity – An 8 week program, Eat Like A Centenarian

We are now six weeks into our series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration". In week three, we discussed Creating Energy and Stamina. In week four, we chatted about great methods for Reducing Stress and Elevating Mood. At the five week mark, we discussed building immunity. This week we will chat about Eating Like A Centenarian.

In my humble opinion, the number one factor in what affects your health comes down to what you eat. Nutrition is the pivotal mark of any longevity plan. There are many studies that confirm the healing power of food and extraordinary food contains powerful compounds and nutrients that help prevent disease and improve the function of your organs. As many of you know, at Natural Healing Express we operate from the perspective of the founder of Western Medicine, Hippocrates, when he stated "Let thy food be thy medicine and thy medicine be thy food."

With that said, it is reasonable to deduce that digestion is a key element in the food consumption process. Recently, I read a survey that showed 4 of the top 10 sellers in over the counter drugs in America are related to indigestion, heartburn or constipation. This is because we live in a culture of poor diets, over processed food, convenience foods and hence, poor digestion. As a result, we find ourselves in the quagmire of having poor health and shorter life spans despite having access to the most plentiful and best foods in the world. Can someone hold up the "duh" sign here?

As Americans, many of us are guilty of making poor food choices at EVERY meal. We choose processed, sugary and even "fake" foods which fill us up, but give us NO nutritional value whatsoever. Then we wonder why we feel terrible; have low energy and several health issues. Isn't that ironic?

Because nutrition is fundamental to good health, proper digestion is critical to achieving health and wellness. Eating superfoods and having great nutrition will not help if you are not properly assimilating the nutrients properly.

We have several articles on our website which describe, in great detail, what the super foods are and many good recipes are displayed.

So, what are some good habits to utilize if you would like to eat like a centenarian? Here are a few suggestions.

1. Save the meat for weekends. It is now well known that vegetarians suffer fewer degenerative diseases and cancers than carnivores. It has been estimated that a third of all cancer patients developed their disease as a result of insufficient whole plant fiber in their diets. We are not suggesting that you give up meat entirely, just add more plant based foods and save the meat for bigger weekend meals.
2. Digest Meat with Mint or a Food Enzyme. No matter how well we eat, particles of undigested matter may adhere to the inner intestine, toxifying the system and preventing

- complete digestion of the food. We utilize mint (herba menthe) which includes peppermint and spearmint to soothe digestion. We also use a food enzyme with red meat.
3. Kitchen Overhaul- now this may seem a little intimidating, but it is well worth the effort. Decorate your eating area with cheerful colors according to your palette. Keep surfaces clear of clutter; keep the kitchen clear of stains, mold and dirt. In the Chinese culture, if there are broken, chipped or cracked items, they are either repaired or discarded immediately. They are said to reflect things that are broken and can trap your useful and positive energy.
  4. Detoxing – I always recommend an internal detox makes it easier to continue proper digestion.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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