

Natural Healing Express Weekly

Column Volume 89 Longevity, Part Five – Turning Your Health Around At Any Age

We have enjoyed featuring two prominent examples of folks living a great and successful life, creating extended longevity. Our shining examples are Ethel Lobdell and Leland Wenzel, with more interviews to follow. What a fun series.

However, with as much feedback as I have received, I would be remiss if I didn't offer some suggestions on how to create this longevity. We can adapt at ANY age. This means you can start TODAY and turn the ship around if needed. So, please indulge me for a few suggestions that I hope can become a clear and simple check list for those of you thinking ahead – as we all should be. Clip and Post if you'd like.

Today, over 65 percent of US inhabitants are overweight or obese. This is staggering and its effects on our financial stability are earth shattering. This is not meant from a political standpoint, but from the sheer cost of healthcare - we are on shaky ground. So, instead of a dissertation on what has gone wrong at every level, let me make suggestions on what we can do right. The following is a list of what we can do at ANY age, at ANY health level and with ANY ability.

These suggestions can be easily endorsed to make changes to dramatically increase our lifespan and health span. Your lifespan and health span are two very different animals, by the way. Your lifespan is how long it is in linear years from the moment of your birth to the moment of your death. Your health span regards the time from the moment of your birth to the moment where you can no longer take care of yourself properly. Ideally, these spans run parallel and conclude very near the same time, but increasingly in the US, there are months and years in between. Case in point, visit any local nursing home. You get the idea.

There are many, many ways to accomplish our goal of longevity, but I think Dr Mark Hyman really does the best job in creating an easy to follow 7 faceted method of conducting a health tune up. I will borrow a little from Hyman's concepts and add my professional thoughts. Here we go.

- 1.) Nutrition- Optimize what you eat. To me it comes down to this – If you want to be healthy, eat **Healthy** food. End of story. Eat whole, fresh, organic and unprocessed food. If it has a label, it probably isn't that great for you. Eat lots of fruit/vegetables and plenty of fiber. And add food containing Omega -3 Fats.
- 2.) Balance Hormones-This is where Dr Hyman shines. There are many approaches in trying to make this work. Attempting to coordinate the hormonal symphony can be harder than Chinese Arithmetic. Dr Hyman is superb as he simplifies this mystery by shining the spotlight on the greatest cause of all CHRONIC illnesses in this country. He believes by correcting this sole issue, we can not only balance the hormones but also significantly reduce the single greatest factor in chronic disease.

So, what's the culprit? Big and Bad -INSULIN RESISTANCE. 100 million American suffer this condition. Balancing blood sugar and correcting insulin resistance is key to losing weight,

reducing diabetes and removing the free radicals that are the start of chronic disease. So the million dollar question is how do we balance blood sugar? The easiest way is to get rid of the junk we put in our body—eliminate flour, sugar, high fructose corn syrup, processed, junk and packaged foods.

- 3.) Cool Inflammation-Systemic Inflammation is linked to almost every chronic disease; heart disease, cancer, obesity, diabetes, autoimmune disease, dementia, allergies and digestive disorders. What's the key to getting this under control? Identifying the triggers and causes of inflammation and eliminate them. At Natural Healing Express, we specialize in Nutrient Analysis which aids in identifying these triggers and causes. We do this on a daily basis. Make an appointment today and learn your Bio-Individuality. It's a onetime fee of \$35.00 and re-checks are on us. We've all spent more on less.
- 4.) Master Digestion- If you are eating as suggested above, this is a much easier task. Sometimes this is easier said than done. In addition, I suggest adding in digestive enzymes such as probiotics and also making sure to add a great Omega product, such as Wholemega, both of which we stock.
- 5.) Detox—Toxins creep upon us in ways we don't even see coming. It's kind of unfair really, but what can we do to help protect ourselves? Keep things rolling through the body! Drink lots of water and ideally, have a bowel movement after every major meal. Exercise frequently, supplement accordingly. Eat healthy to be healthy. This process will create a better detox program than any of those expensive store bought boxes. You know- the ones that make you angry, mean, bloated, poorer and well, not very detoxified.
- 6.) Boost Energy/Metabolism-This is merely the process of extracting energy from the food we eat and the oxygen we breath. Get the biggest bang (the most nutrient dense) from what you put into your body and it will respond accordingly. Then concentrate on removing what is not beneficial to your ability to properly metabolize our food. (Detox, water, exercise, supplement). I highly, highly, highly recommend utilizing the Super Nutrient Spirulina to jump start this process. I can't tell you how many times I have had clients tell me, "I had no idea how good I wasn't feeling until I started taking the Spirulina and began feeling TONS better."
- 7.) Stress- Calming the Mind- It seems like I preach and preach this one, but stress can be a killer. Learn the proper ways to reduce your stress. Change beliefs and attitudes that are no longer serving you. Changes what isn't working in your life. Continuing to do something or be involved in a relationship that is no longer serving you is like not pulling a tooth. It will eventually have to be pulled and all the time between now and then WILL BE PAINFUL.
- 8.) BONUS Suggestion – Get it Together Spiritually. Find that higher power and find your purpose. And get a longevity Buddy! Someone that will be there for you in a POSITIVE Way (note to self – don't pick an Energy Vampire for this position).

There's a ton of information here folks, clip this out and put it on your fridge. It'll eventually get in your head. Your body wants to be better. Come see us at Natural Healing Express. This is what we do. We want you to be healthy and flourish. Turn this around and embrace Longevity. Ask yourself- What's still on my bucket list? Travelling? Sky-diving, Meeting Tom Cruise or Julia Roberts? You'll need an able body.

We want to assist you on your wellness journey and we want to write future articles about your success!
Together we can do this!

Next week we will feature another shining example of Longevity. Stay tuned.

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 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express