

This was used on their website and it got such great feedback from the distributors that I modified it into a brochure which many distributors would actually lead with.

What is health?

What does it mean if you say you are healthy?

Well, many would define this as "the absence of disease". But that's rather like the National Football League saying a player is healthy if nothings broken, meaning "he's healthy he can play" nothings broken bad enough to keep him out of the game.

All across America at seminars for more than 20 years I have asked the question "how many in this room would consider themselves healthy?, please raise your hand and keep it up"

Then I would ask, "Please keep your hand up if you're on 1 or more prescriptions" in many cases more than 1/2 of the hands stayed up.

Then I would ask "how many are on 2 or more prescriptions, and then ask 3 or more ect..." In a large room of people I have gotten all the way to asking "who is on 11 or more prescriptions?" (that is not a joke) and I had 1 person on 11 or more prescriptions.

But these are all the same people who raised their hands saying they considered themselves healthy.

Did you know that in 1950 only around 6,000 people in the USA were diagnosed with depression. But that in 2008 more than 164 MILLION prescriptions for antidepressants were written.

I say this to illustrate my point. And that is we need to stop being so soft on ourselves and excepting societies opinion or view about what being healthy is or isn't. It's time to clearly define what being healthy is and set our goals to achieve it. If we look to our peers and attempt to be average so that we may falsely feel good about ourselves then we are doomed to their same disease and suffering.

### **So, what would I define as being healthy?**

Well, of course some of this is age related. So, as to establish a mean we will pick an age of let's say 45 years old and you can simply plus or minus a few factors from there.

### **At say 45 what would being healthy mean to me?**

- \* Yes of course it means that you don't have any major health challenges that are severely compromising your wellbeing.
- \* When you wake in the morning you're fully rested, not still tired, but instead ready to take on the day.
- \* You can any day you choose go push your body to its limits either physically or mentally and actually enjoy the event. And you can recover quickly from such activities.

- \* You truly have a strong internal energy or fire that is a driving force providing you with a zest for life.
- \* Your Immune system functions well enough to keep you free of most of the things everyone else always come down with. Yes, occasionally we all get hit with one, but it should be very infrequent.
- \* You should really not need the services of a doctor other than an annual checkup or if you injure yourself in sports or recreational activities.

Yes, there could be more criteria I could easily establish but these should serve as a basal starting point.

How do you achieve such health?

Easy really. Being healthy is a two way street or a 50/50 proposition. What this means is; health is 50% what you do and 50% what don't do. So below I will make a small basic list of a FEW do's and don'ts.

### **Do's and Don'ts (the short list)**

#### **Don'ts**

- \* Don't eat processed sugar no matter what anyone tells you. Avoid processed sugars like the plague and you will be happier for it.
- \* Don't let stress get at you to the point where you can physically feel its effects. Yes we all deal with stress but when we allow it to take us over it can have serious negative consequences.
- \* Stay away from foods that come in boxes or cans as much as possible. The rule of thumb is no more than 10% of your dietary calories should come from a highly processed overly packaged source.
- \* Don't let the addicts convince you that your wrong. This is to say that if you're following these basic health advises then you can trust in the fact that you're doing the right thing. But others around you that are addicted to the processed chemical laden foods or all the sugar will attempt to pull you back in to its clutches because they know your right but don't want to give up their addictions.

#### **Do's**

- \* Do get exercise 5 days per week (if you're in good enough shape to do so to start with).
- \* Do sip water all throughout the day and never allow yourself to get thirsty (if you're thirsty that means you are already dehydrated).
- \* Do eat like a caveman. (unless it's poison ect..) if you can pick it off a tree, pull it up out of the ground, spear it out of the ocean or chase it down and kill it, then by all means eat it. Of course were not saying eat bugs or poison berries, or worms ( common sense must be applied). The intent here is eat as naturally as a caveman would have eaten and you will likely have good health because of it.

\* Do laugh, smile, love and give every chance you get. On one side of the coin you have heard that you can worry yourself sick. But as all coins have 2 sides laughter is also your best medicine.

\* Do take nutritional supplements to cover all your nutritional bases and also to combat all the things that are outside of your control that are attacking you every single day of your life. Do not take this lightly, these outside influences are at war with you and if you wish to win you need to get serious about it.

Yes, these are very basic, but follow them and I would be willing to bet that you will be happier for it

\* Legal stuff so that we cover ourselves. Don't do anything without the consent of your licensed health care practitioner. Always consult your licensed health care practitioner prior to engaging in any physical activity or dietary change. And if you're considering actually becoming engaged consult a psychiatrist.

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Here's your Goofy health fact for November 2010

Approximately 7% of a humans bodyweight is made up of blood, each day approximately 400 gallons of recycled blood are pumped through the kidneys and there are about 100,000 miles of blood vessels in the human body.