

# Nutritional Healing



*The Road  
To Healthy Living*

21st Century



## 21st Century

Here we are in the 21st century where most people are just beginning to learn how to take charge of their own health. The notion that people are living longer today is a disappointing myth. Technology may allow the average life span to reach the 7th decade; however, the healthy life span is only an average of 64 years. What a person does in the first several decades of life, can determine what their life experience is going to be in their later decades of life. Upwards of 95 percent of the medical costs that are incurred in an individuals lifetime occur within the first and last year of their life. The 21st century should be about looking at quality as well as quantity of life. The majority of people compromise their health every single day with the choices they make.



If you want to experience health like the average American does, continue doing what you're doing. If you want an extraordinary life experience then don't follow the masses. Decide to make specific, daily conscious choices that will be more empowering to your health. We are seeing more diseases/syndromes and environmental hazards than ever before. Many factors contribute to the break down of ones health. Today more than ever, the medical community is prescribing antibiotics. Physicians find themselves in a precarious situation, because the public often insists on having antibiotics when they aren't even warranted. Sometimes an illness in the body just needs to take its course, but all too often people are looking for the "quick fix."

To say that families are under a great deal of stress in the 21st century would be an understatement. In most homes both parents are working, it is difficult to juggle children, home, work, pets, running errands, attending family functions, etc. Planning meals needs to be made simple yet offer a variety of foods from the various food groups. While visiting a fast food establishment is much easier, we need to look at the impact these foods have on our body. High fats, chemical additives and sugars etc. are incorporated into many of these foods. These foods are not conducive to good health.

SUGAR. . . children today are exposed to so much sugar that we are creating sugarholics! Funny as it may seem, the more sugar you have the more sugar you want. It becomes a vicious cycle. "On the average North Americans eat 125 pounds of sugar annually in the form of baked goods, soft drinks, bread spreads, alcohol, beer, catsup, salad dressings and sweeteners. The negative effects of sugar consumption have been well documented in medical journals." (The Immune System Cure - Lorna R. Vanderhaeghe & Patrick J.D. Bouic, Phd. Kensington Books 1999). Look at how much sugar you consume a day. You will be quite amazed!



The most important message one needs to realize is that the closer you eat to nature, the healthier you will be. It is that simple and there are perks to eating healthy as well! Your body weight will balance out, you will feel better, and your internal organs will work more efficiently, to name a few. We do not need fad diets or pills to shed those unwanted pounds. God put the most incredible foods in its natural whole form for us to eat. There are "real" whole grains, abundant fresh vegetables, beautiful and delicious fresh fruits, assorted raw nuts and seeds and animal protein. Amazingly as delicious as these foods are; people are not eating enough of them.

As a working mother of three, I know that timing is the key when planning meals. Having a game plan for the upcoming week is important. You can even eat well when eating out just by learning how to make healthier choices. Eating habits are learned early in life. Children learn by example. Teaching our children to enjoy natural wholesome foods is perfect for setting the stage for years to come.

We need to create a balance. So where do we begin? There are ways to foster good nutrition and health right away. Exercise regularly, reduce your sugar intake, eat as close to nature as possible and read the labels of the foods you are purchasing! Introduce yourself and /or family to the wonderful world of vegetables, fruits, raw nuts and seeds, free range meats, and whole grains.

The more mindful we are with our meal planning, the healthier, happier and more adaptable to stress we will be. You have the power to make changes in your lifestyle one day at a time. Good luck on your journey to better eating and better health.

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