

寿 **ACHIEVE HEALTH BY USING REAL COMMON SENSE**

Why is health such a mystery these days? Most don't pay any attention to their health and then wonder why they have health issues and then wonder more why medicine doesn't work all the time. Others pay a little attention to it, but believe the general consensus or pick out a small piece of something they heard and never apply their own logical thinking or do any research on it. It seems these people don't really care about their well-being at all. It seems they don't understand they only **have one physical body in this life** and that they're stuck with it, until the day they die, no matter how bad of shape it's in.

Then there's the rest of us, that want to be healthy, active, and happy throughout our entire life. Some of us DO understand that everything we do to our bodies WILL absolutely determine our physical state until the day we die. Some of us DO want to have the best chance at feeling great all our life. Personally, I love learning and proving to myself that even a little effort DOES work. I rarely ever get sick...at all...no matter what is going around, including when I am cleaning up kids' puke for days. Like most of us, I had seasonal allergies for 20 years. **I HAD allergies-they're gone now.** I was to the point where I had moved into the stage of fatigue and body aches, no matter what medicine I tried. I didn't mind the sneezing and congestion; it was the headaches, fatigue, and constant body pain that I couldn't function with.

So just in case you might be interested in what I have proven works to improve health, including maintaining a weight you are comfortable and happy with, read on. My book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin**, has a couple of chapters dedicated to health and gives you endless ideas to improve your health, no matter what is going on, but here are some very general and additional things.

Every single body has the ability to ward off disease and repair itself, no matter what hereditary qualities, exposure, or statistics exist. The body is made to detoxify and repair itself. Take one example of allergies. I was allergic to oak pollen, dust mites, and other seasonal things. **Pollen and dust mites have existed forever, yet with each generation, they seem to aggravate more of us.** In my case, it suddenly caused a problem for me in my 20's but now, 20 years later, allergies no longer bother me. The oak pollen and dust mites were a constant throughout, and are obviously still there.

We are SO used to the statistics, we just assume so many people have to get sick from cancers, heart disease, nervous system disorders, allergies, asthma, etc. and that's just how it is. **Why doesn't it seem odd to anyone that we just ACCEPT this thinking and roll over and die when it hits us?** Why doesn't anyone talk about how easily we can prevent and even heal all of these issues, just by not being negligent with our health? Why do so few pursue getting healthy?

Disease is quite simply, almost always caused by negligence of health, period! Removing the negligence nearly always restores health, as you ALLOW your body to follow its natural path of healing itself, with or without medicine. Medicine can only help about 10% of the issues out there, and only temporarily. **The other 90% of your health depends on how you take care of yourself.** Think about all of this...doesn't it make sense to you? Sure, medicine MAY keep you from dying or give you that 2nd, 3rd, 4th, or 5th chance to PAY ATTENTION to your health, but it cannot CURE you. The body itself is truly the only thing that can heal the body, right? How else do you explain the Stage 4 Cancer Survivors?

It's so easy to know if you're taking care of your health. How do you feel, physically? There's your answer. It's so basic! Do you have all the energy you want? Do you rarely get sick? Are you at your preferred weight and fitness level? If you said YES to all of these, your body is happy. But if you answered NO at all, your body is probably being neglected, somewhere. In addition, here are some sure signs your body cannot handle what you're doing to it: swelling, bloating, irregular digestion, congestion, headaches, and really ANY health issues at all. The issues are your body's way of screaming, "I cannot keep up detoxifying and repairing! You are NOT giving me what I need!" Do you understand, it is NOT NORMAL to feel ill? It is NOT part of aging, it is NOT part of your gene structure...it is only caused by one thing:

Your body is not getting enough of what it needs and is probably getting too much of what poisons it. Inflammation, anywhere, is your body fighting and screaming that it does not like something. Feeling yucky when you go too long without something (like coffee, sugar, salt, or anything) is your body going through withdrawal! Pay attention to it! I think you can get addicted to just about anything. Your taste buds have been corrupted by the chemicals you've been consuming, but if you start to replace the junk with nutrient-rich food, they will start to return to normal and be able to taste the true flavors of everything you eat and naturally want healthy foods more, and junk food less, and you win!

I'm not just talking about what you eat and drink here...I'm talking about ANYTHING your body absorbs. **Things are absorbed and put INTO your body many other ways too.** People forget that skin is porous and that ANYTHING you touch goes right through your skin, into your body, just as it would soak into a sponge. There's no magic, invisible shield stopping it! Think about this the next time ANYTHING touches your skin. Soap, shampoo, makeup, laundry detergent, cleaners, lotion...most are LOADED with life-threatening chemicals. The same goes for anything you inhale. Strong smell usually means toxins, and fumes DO seep out of closed containers. Even good-smelling things are laced with poisons. I don't think it's coincidence that my allergies disappeared as I began to replace brand-name things in my house with better, safe, more cost-effective products; it's helped other family health issues too. The company I happen to use (there are many out there) has a \$1, guaranteed membership running right now, so truly, you've got nothing to lose just trying something safer. That's where I started, and I'll never go back, now that I see what a huge difference it makes.

Getting back to what you eat and drink. Unlike many years ago, we DO have cost-effective, easy-to-find organic stuff EVERYWHERE, so what's your excuse for not grabbing it, when it's sitting next to the chemically-packed, nutrient-bled, so-so tasting equivalent? All you have to do is look a little, and you'll find it. Even just one or two organic replacements (like potatoes or apples, which are so full of chemicals you can hardly taste the real food!) gives your body nutrients instead of poisons...every single little thing helps! I'm quite frugal, so I typically replace the items that are equal cost-wise, often what's in season. But once you taste the difference, you may be willing to pay just a little bit more for wholesome, organic foods. **You may even start to think you are deserving of a happy, healthy, long life, and this is a small price to pay!** You can easily make up the difference by weaning yourself off some of the expensive junk food.

So, a few things that I found really help me stay healthy:

ADDICTIONS can be formed on almost anything. If you start to feel icky at all, when you go too long without a certain food or drink or substance, you ARE addicted to it, to some degree. You probably think it's hunger pains, but it usually isn't—true hunger doesn't give you a headache or make you feel light-headed or aggravated, but withdrawal does! For me, it was sugar, which exists in nearly any processed food you eat. I just started reading all labels and try to keep it under 24 grams of sugar a day, which is nearly impossible. Companies DO add things to make you crave it; why wouldn't they want to sell more? You truly will never know all ingredients and whether they're safe. Listen to your body on this!

DRINK lots (a minimum of half your body weight in ounces) of pure, safe water, every day, especially before bed and when you wake up. Anything added to water goes against this—especially sugar, sodium, and caffeine. Soda, alcohol, and energy drinks ARE toxic, no matter how you try to justify it. Compensate by drinking extra plain water anytime you drink any toxins, or anytime you're exposed to them in any form. Your body needs extra help flushing it out.

NUTRIENTS are craved by your body. If you eat what it needs, you will feel satisfied, energetic, and full. You'll have no desire to binge or eat junk. I recently started using a simple method I read about in a book, and even though I do not do this every day, I could see results in just a week's time! I have more energy, I am losing weight, and I am not as hungry and rarely want anything that's bad for me (fried, sugary, or salty foods). Ready? This is SO simple. First, chew everything you eat until it's liquefied. Then, only when you're hungry, *work your way up* to eating a pound of fruit in the morning (first thing consumed that day is great for you!) and a pound of vegetables in the afternoon and/or as your evening meal (raw is best). Obviously, you wouldn't probably eat the whole pound at once, but depending what it is,

you won't hurt anything. I recommend starting with a little, depending on what you are used to, and increasing as you know you aren't throwing your body into digestive shock. No need to be all gassy because you jumped in too fast, to something your body isn't familiar with. Just increase the volume of the food as you know your body is adjusting to it. Buy things fresh each week and keep the variety interesting and organic, when possible. I try to make sure some of the top nutrient-rich fruits and vegetables are on my list. It really makes a difference. One doctor's list has these listed as the most nutritious food in existence: Kale, Watercress, and Turnip, Collard, or Mustard Greens. Close behind are Brussels Sprouts and my favorites, Bok Choy and Spinach. Also very good are Arugula, Cabbage, Flaxseed, Broccoli, Cauliflower, Romaine, Green Bell Pepper, Onions, Asparagus, Strawberries, Mushrooms, Tomatoes, Pomegranate, and Oranges, in the order of best first. Nearly all meat and dairy have more negative impacts than positive, but I'll tell you right now, I love my meat and dairy. The answer? Get as much of the high-nutrient items listed above and fill in a little with the rest. This isn't about deprivation; that never works. It's about eating the high-nutrient things and giving your body what it needs FIRST before adding the less useful foods and drinks. The internet is FULL of recipes for healthy, yummy recipes using these foods, so you could eat it a different way, every day. I just go with what sounds good. I'm on a bok choy oriental salad kick, right now. I can easily eat a pound of bok choy a day and even add bonus items like flax seed or replace the oil in the salad dressing with hemp seed oil, which is one of the best cholesterol-leveling things I have found yet. (By the way, hemp means "non-marijuana" ... it will not get you stoned! :)

EMOTIONS often cause us to eat when we are not hungry, so pay attention to when you do this. Stop and ask yourself why you are eating when you're not hungry, and IF that's really what you want to be doing. I have a habit of eating when I'm lonely, bored, anxious, upset, or after I've had some alcohol. Once I realized this, I learned to try to plan ahead. If I think I might be drinking, I try to make sure my stomach's full with a healthy meal before, as I think I eat then to absorb the toxins; that way, I won't order greasy bar food later. If I feel the urge to nibble or binge when I'm not hungry, I reach for sugarless bubblegum instead, or try to find something to keep me busy and away from the food, until I have my emotions under control. If I am feeling negative emotions, I remind myself that eating unnecessarily will only make me feel worse, so why punish myself more? If the gum isn't doing it, I reach for carrots or something I know is good for me, at least. If everything fails, I take the time the next day or two to exercise more and eat as healthy as I can. Again, every little bit helps!

DETOX occurs naturally, whenever the body is not digesting, and overnight is a good time for this, but the more often, the better, right? For this reason, grazing all day is NOT the way to go, and you're not going to starve to death if you cut back a day, here and there, especially if you over-indulged the day before. My Dad always says, "We just don't NEED all that food...especially the junk." At 77, he's kickin' butt and lookin' good, having already beat the odds of his family health history. Try eating healthy meals, two to three times a day, and let your belly empty out, in between. Watch how your tummy goes down, as it's not inflamed constantly and has a chance to catch up detoxifying. You know we are surrounded by toxins, and we are working our detox process overtime. If you can, finish eating at least 3 hours before bedtime. The more time you give it, the better!

Life is a learning process; I'll write more as I discover more about what keeps me healthy. After all, what do we have, without our health? A healthy world is a happy place!

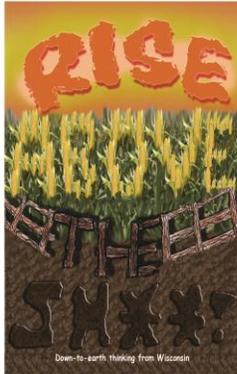
~Mary Anne

RISE ABOVE THE SH**!

Down-to-earth thinking from Wisconsin

"Raise \$1 million for charity while making the world a happier place!"

-Mary Anne, Author
RISE ABOVE THE SH**!



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