

# Are You Picking Your/Their Poison?



Want to hear a very real and scary statistic? **One of out of two people will have a serious health condition.** YES! You have a 50% chance of getting seriously, even deathly ill! Bet you know a few people that have deadly diseases right now. It's time we wake up, people! We are doing this to ourselves, and it's SO unnecessary! It's SO EASY to be healthy...why do we seem to want to die young? With endless food and drink options, we pick the ones that contain POISON (toxins) ! Seriously, do we have a death wish or just like to take risks? I've pondered the excuses...

1. It hasn't killed me yet. Sure, maybe it'll take a while for the dose of poison to get built-up enough to start making you sick, but have no doubt, it IS taking its toll on you. Bet you're not 100% healthy and energetic all the time, and bet you're increasing your odds of being the 1 of 2 that get sick! **So you like risking your life, huh?**
2. They can't sell stuff that's unsafe, so they can't prove it's poison. Really? Come on, WE KNOW BETTER! First, there's all the uncontrolled imported ingredients that have NO regulations (look at the big apple juice articles recently) and second, you just tell me you've never, ever heard of a product that was sold or used in products for years, and later pulled because of lawsuits of people dying or permanently ill! Isn't it more common to hear about unsafe things these days? You know there is supporting research behind those claims, and it has to be really bad to even be leaked to the public! Even our recent, local news had these comments from the experts in both the research and government fields: **There's no way the FDA can regulate everything that's in the products we consume. They only have to list the main ingredients, and it's nearly impossible to test for everything. In food alone, there can be over 77,000 pesticides used. Peeling an apple does not eliminate the exposure to the chemical. The chemical goes all the way through.** This makes total sense to me, since everything is porous. Just like our skin absorbs everything and allows it to go into our body, so does food absorb anything from the outside. (Our skin absorbs all the chemicals from soaps, shampoos, makeup, cleaners—even chemicals left behind after our washed clothes or floors or counters are dry. Make no mistake, that stuff ends up in ALL our bodies...this includes our children!)
3. I like it and can't live without it. Bet you can. Bet you can find something else to replace it, that you may even like better and that gives you more of whatever you're looking for, like energy or satisfying your thirst or taste buds. Anymore, we have an unbelievable amount of replacement options, there's just no excuse! **Fact is, YOU WON'T LIVE AS LONG WITH THE TOXIC THING!**
4. Other options are too expensive. Hate to bring you into the current decade, but with more and more supply of other choices, you will usually find something better, safer, and healthier at the same price or even less now. Look around! **There's so many places to buy safe and healthy stuff anymore!**
5. It's a hassle to change now. Are you saying that you and your loved ones are not worth the time or brief thought it would take to try something different? Maybe you don't think your life has any value then? I gotta tell you, you're dead wrong about that! You ARE HERE FOR A REASON, and **your health affects people close to you, people you work with, and even society in general!** Is it fair to knowingly create a burden for others? There's all kinds of convenient, cost-effective online stores too. Allergies are disappearing at my house since I've switched!
6. I'm going to die anyway. No kidding. Even if you feel like you've fulfilled all of your life-long dreams and you're ready to leave this life, as long as you're stuck here, don't you want to feel good? Even as we age, what most people are afraid of is thinking old equals sick and unhealthy. But I'm trying to remind you, growing older will be whatever you make it! Yes, if you don't pay attention to your health, your reality of getting older will be feeling sick. **But that's your choice. It is possible to age and STILL be healthy, active, and energetic. Really, that's how it's supposed to be.** And here's a horrible thought: What if you really don't care right now when you die, but next year, you realize you have a lot to live for and want to be healthy, but you've already killed your body beyond repair? That would really bite!

7. It runs in my family...my genetics are going to make me sick anyway. Oh, whatever! You know that we ALL have potential killers living in our body, our whole life. **We also have bodyguards. Every choice we make feeds one or the other.** Antioxidants will even kill the poisons. Why would anyone chose to feed the killers? But, it's what we are doing, with the non-healthy choices we make...we are FEEDING THE KILLERS! Again, seriously, WHY?

Obviously, there's more to our health than just the one drink or food choice we make, but this is an easy place to start. I'll be writing a lot more about the other health factors, of which, nearly all of us are very aware of, and again, just choose the killer options. It's so sad to me, as I watch all the people around me struggle with life-threatening diseases and chronic aches and pains...and I cringe when they think that modern medicine is their only hope. The truth is, medicine and surgery only takes care of 10% of the health problems out there. 10%!! **God bless the doctors out there, for keeping us alive when we're in a bind, but we need to realize that they're not miracle-workers and they have no control over the health choices we make.** It is a guessing game for them, as they have no knowledge of what you have done to your body all these years, and that is what the medicine is dependent on. Health is the ultimate cure...the medicines may just give you a few more days to make better decisions, but not always. :( On a more positive note, I just read that someone, somewhere, has recovered from every type of cancer that is out there. It doesn't have to be terminal, even when the medical doctor tells you it is. I personally know people that have proven the doctors wrong, here, but remember, the doctors can only try to control around 10%. The rest is completely up to us!

**RISE ABOVE THE SH\*\*!** Down-to-earth thinking from Wisconsin has a couple of chapters on health, and lists of things that are known to be toxic to our health...things like the #1 killer, stress, to never using plastic in the microwave. Changing to something safer, like glass, is so simple! So easy, and it could be the one thing that keeps you from getting cancer or many other health problems!

So, decide if you're going to continue to pick your poison or make a simple, convenient change to something safer. Yes, it is your life, but remember, your choices always affect EVERYONE around you, especially those that love you. You can ignore all of this and continue taking in all those unnecessary poisons and risks, but then if you get sick, remember, THE BODY IS MADE to renew cells and to fight off all the junk we put in it. **All we have to do is feed the bodyguards instead of the killers.** If you or a loved one have ANY health ailments, be kind and take a good hard look at all the risks, and at the simple changes you could make to reduce them. Even one small change can help! That is, IF you want to stick around a while and have an active, healthy life. It is always your choice. Here's to your healthy life!

~Mary Anne

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

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



## RISE ABOVE THE SH\*\*! Down-to-earth thinking from Wisconsin

**THANKS to everyone for an incredible 2011 & help in giving our first \$5,000 to charity !!!**

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