

# TOP 20 LIST - STEPS TO TAKE CONTROL OF YOUR HEALTH

**Note:** To understand why the body is designed to heal itself naturally when it is supported *nutritionally, emotionally, physically* and *spiritually*, please read about the [ABC+D Approach to Health](#). For suggested books to read, please go to the "[Resources](#)" page on our website. Please go to our "[Articles](#)" page to read an accumulation of articles gathered from various sources.

The following information is for education purposes. Please take time to read the "[Disclaimer](#)" page on our website.

## REASONS TO TAKE CONTROL OF YOUR HEALTH

### Do you want to:

- Avoid certain diseases and maintain health and vitality well into your later years?
- Save your children from a slow poisoning from hidden toxins in their food?
- Discover scientific data about overlooked poisons in your everyday life?
- Avoid those vague health symptoms of illness that puzzle your doctor?
- Be informed with inside information mainstream media won't tell you?
- Have control over your health through knowledge?
- Desire to enjoy your grandchildren (and great-grandchildren)?
- Not allow advertisers to "teach" you what's good for you?

**You can do all the above when you "take control of your health". Please refer to the lifestyle tips on the following page to help you on your "health journey".**

**"One man's food is another man's poison". Lucretius**

You may want to try [Nutritional Muscle Testing](#) to determine what your body needs since we are all bio-chemically unique.

### On medications?

If you are taking medications, click [here](#) to see which nutrients may be getting depleted and click [here](#) to read about symptoms of being deficient of those nutrients.

### **1. Think positive thoughts.**

When we think positive, our body is much stronger. We are all “electrical” and conduct electricity. Each of our cells has a negative and positive charge. When we think negative thoughts, we actually “short circuit” certain areas of our bodies. When this happens, there may not be enough circulation going to that area of the body. Our blood is what brings oxygen throughout our body so when there is a lack of oxygen, symptoms of disease will start to occur.

Taking time to have a hobby or doing something you are passionate about will help you stay positive. A good book to read is called “[The Pleasure Principle](#)” by [Paul Pearsall](#).

Surrounding yourself with positive Affirmations also helps to keep you in a positive mind frame.

### **2. Listen to what your body is telling you.**

Your body has the amazing ability to communicate what it needs. When you are feeling tired after a meal, your body is telling you that you have a food intolerance or sensitivity to the type of food you consumed or it may not be compatible with your [Metabolic Type](#). If you eat low nutrient food, you may develop hormonal or blood sugar imbalances, which can lead to a variety of disease symptoms. Eating food should make you feel more energetic....not tired, bloated or nauseous.

### **3. Take time to relax or meditate.**

When you relax or meditate, you allow your body time to heal and repair itself. It also helps you deal with any emotions that may be triggering you into negative thinking or bad habits. It is important to find ways to reduce stress for many other reasons. When you are stressed for a long period of time, your stress hormones may displace some of your other hormones such as your reproductive hormones or thyroid hormones, which can lead to hormonal imbalances. Too much stress also inhibits digestion function and increases blood sugar levels, which in turn stimulates more insulin to be released by your pancreas. This may lead to insulin resistance which eventually leads to other symptoms of disease such as Diabetes and arterial damage.

**Note:** Eating foods high in B-Vitamins or supplementing with a good source of B-Vitamins helps your body deal with stress more effectively. This is important because stress reduces your immune system’s ability to fight off the effects of microorganisms. 2 great sources of B-Vitamins are: [Adrenal Support](#) and [Stress Formula](#).

**4. Get some exercise - include stretching and light weights in your regime.**

**Exercising increases blood circulation and helps your body to eliminate acid build up.** Our skin is the largest elimination organ so sweating is very healthy. Our circulation system is pumped throughout the body by the heart, but the lymphatic system has no pump. The only way it can eliminate toxic waste build up is by exercising, stretching and doing light weights. Try the suggested exercises according to the [Blood Type Diet](#) for maximum health benefits.

If you don't like the idea of going to the gym, then join a sport. It doesn't matter what you do as long as you move your body.

**5. Get some sunshine or supplement with Vitamin D3.**

[Vitamin D3](#) is essential for the absorption of Calcium and other minerals in bone formation. It is also essential in the transportation of hormones throughout the body.

**6. Drink 6-10 cups of filtered water daily. [Reverse Osmosis](#) is the safest method of water purification.**

Since our body is electrical, it needs water to conduct the electricity. This gives us more energy and vitality. It also helps your body to eliminate and flush out toxic waste. The more you weigh the more water you need to drink. Click [here](#) for more benefits of being hydrated.

**Note:** Please drink an extra cup of water for every cup of caffeinated or alcoholic beverage you consume.

**7. Try to eat according to your Metabolic Type and consider your blood type if you have food intolerances.**

Certain foods are not compatible with your metabolic type. Benefits of eating foods compatible with your blood type are: reduced insulin/blood sugar levels, increased immune function, higher energy levels, and increased muscle tone with weight maintenance and/or fat loss due to a more efficient metabolic system. To find out your **Metabolic Type**, go [here](#) to fill out the online questionnaire. Make sure to eat a balanced diet the macronutrients: proteins, carbohydrates and fats. Most health care professionals believe that a good balance includes: 50-60% carbohydrates (includes: fruits, vegetables, legumes and moderate amounts of [gluten-free](#) whole grains), 20-25% good fats, 20-25% proteins. Each person is biochemically unique so determining your **Metabolic Type** is recommended in order to know which ratio of the macronutrients is best for your metabolism. Learn more about "[Determining the Perfect Diet](#)".

### **8. Eat smaller portions during your meals.**

Too much food consumed at once puts a lot of stress on your body. Eating smaller portions allows your body to digest the food more easily. To keep your blood sugar balanced, it is suggested to eat about every 3 to 4 hours. If you eat too much at once your body will store the extra nutrients as fat. Eating smaller meals but more frequently will boost your metabolism and help you burn fat more efficiently. You will also feel more energy. Click [here](#) to read more about guidelines for healthy digestion.

### **9. Snack on healthy food and choose high quality foods.**

Washing and cutting up vegetables ahead of time and having them ready to eat in your fridge will minimize the temptation to snack on unhealthy junk food. Eating a variety of good fats, proteins and complex carbohydrates will provide you will optimal energy. People with food sensitivities or intolerances may want to follow a [Food Elimination Diet](#) to determine which foods are causing digestive disturbances or immune reactions. When detoxifying, at least 80% of your diet should be “alkaline” foods. Eating according to your [Metabolic Type](#) is the most effective way to balance the pH of your body.

### **10. Supplement with sources of Probiotics such as fermented foods.**

Probiotics are the “good bacteria” that we need to keep our digestive tract healthy. 80% of our immune system is in our gut therefore we need to keep it strong so it can work efficiently. The “good bacteria” in our gut also help with absorption of many nutrients. Yogurt, kefir, miso and sauerkraut are examples of fermented foods. 2 great sources of Probiotics are [Probiotics 11](#) or [Bifidophilus Flora Force](#). Many neurotransmitter receptor sites such as Serotonin are in the gut so if you want to feel good, you may first want to heal your gut. Following an [Elimination Diet](#) can help with determining foods that are irritating the lining of your gut and contributing to [Leaky Gut Syndrome](#). Preformed [Vitamin A](#) and the herb [Marshmallow](#) are great for helping to heal the intestinal lining.

### **11. Increase the Good Fats & Essential Fatty Acids (EFA's).**

Eating higher ratios of **Omega 3** in your diet will help in many bodily functions, including: cell repair, increased brain function, reducing LDL cholesterol levels, minimizing inflammatory conditions, and reducing the negative effects of insulin. **Omega 6** is needed for many bodily functions such as: manufacture of hormones, healthy skin and inflammatory conditions. Avoid the bad fats such as those from deep frying and junk food. Bad fats cause inflammation. **Sources of Omega 3 & Omega 6 include:** leafy green vegetables, Algae, Chia Seeds, Hemp seeds, eggs, fish, walnuts, Olive oil, grass-fed beef, and flax seeds. Coconut Oil is great for

improving Thyroid function and stimulating metabolism. Other great sources include [Super Omega 3](#), [Super Oil](#), [Evening Primrose Oil](#), [Flax Hull Lignans](#) and [Flax Seed Oil](#).

### **12. Eat a diet high in low glycemic vegetables.**

Eating more alkaline foods helps your body to eliminate acid waste from toxins we are exposed to in our food and environment. Waste material is also created when our cells use food for energy, which is called metabolism.

Alkaline foods help the body to maintain the correct pH balance. This prevents things like bone depletion due to the leaching of alkaline minerals from the body's efforts to maintain its pH. All clients get access to documents such as the one on "[Balancing pH](#)".

Remember to eat a *variety* of vegetables. This gives your body all the necessary nutrients it needs to function effectively. Leafy green vegetables are a great source of low glycemic carbohydrates. Low glycemic vegetables prevent a high surge in insulin, which can be very toxic for your body.

**Note:** It is recommended to eat raw vegetables or to slightly steam them. Over cooking may destroy some of the nutrients and many of the natural enzymes, which are needed for digestion and absorption.

### **13. Wash your fruits and vegetables very thoroughly.**

We do not know what our fruits and vegetables have been exposed to before you purchased them. It is essential to minimize any chances of exposure to microorganisms that may take advantage of a weakened body system. The fertilizers and pesticides that our food has been exposed to are responsible for many of the hormonal imbalances that people experience in today's society. These not only include sexual hormones, but also stress hormones and thyroid hormones. The thyroid gland controls your metabolism and your body's temperature so it is essential that it functions properly. [NSP Concentrate](#) is great for washing off chemical residue.

**Note:** Fruits and vegetables are high in antioxidants which help to fight Free Radical Damage.

### **14. Avoid Gluten.**

Many people have a sensitivity to the protein molecule found in gluten. It irritates the lining of the digestive tract and may cause symptoms such as IBS (Irritable Bowel Syndrome), Celiac disease or Crohn's Disease. Other people who eat food with gluten may suffer from constipation, low thyroid, depleted adrenals or blood sugar imbalances. Many people with wheat sensitivities also develop allergies and other respiratory conditions. Choose [gluten-free](#), unprocessed or sprouted grains.

### **15. Avoid the “whites”.**

Avoiding anything made with white flour or white sugar, such as bread and deserts, will greatly reduce your risk of getting Diabetes because they cause elevated levels of insulin. Elevated levels cause insulin resistance which causes the pancreas to produce more insulin until it eventually gives up. This leads to high blood sugar and Diabetes. Elevated levels of insulin also cause weight gain, arterial damage and many other symptoms of disease. Foods made with high levels of sugar and/or white flour have no nutritional value; they will only harm your body by depleting it of essential nutrients such as minerals and B-Vitamins. Sugar reduces the effectiveness of the immune system because it competes with Vitamin C for absorption in the body. The white blood cells require Vitamin C to be able to protect the body against pathogens such as viruses, fungus and bacteria. A weakened immune system may lead to a higher number of mutated cells which can lead to diseases such as Cancer.

**Note:** Avoid anything stripped of its nutrients such as white rice because they also cause elevated insulin levels.

### **16. Supplement with Digestive Enzymes.**

As we age, our body produces fewer enzymes. Supplementing with [Digestive Enzymes](#) will help with the breakdown and absorption of nutrients in our food. It will also help to digest foods that are hard for our body to digest. Sometimes we are genetically predisposed to lacking certain enzymes that are needed for the breakdown of certain foods. When this happens, your body will treat the food particle as a toxin and create antibodies against it. People with food sensitivities or intolerances may want to follow a [Food Elimination Diet](#) to determine which foods are causing digestive disturbances or immune reactions. Eating according to your [Metabolic Type](#) is the most effective way to maximize digestion efficiency.

**Note:** Chewing your food properly will also help your body increase digestive secretions. Smaller food particles are more easily broken down by your body and will be better absorbed and metabolized by your cells.

### **17. Supplement with Trace Minerals.**

We don't get enough minerals in our food and they are essential in all the biochemical reactions that occur within our body. The reason we don't get enough minerals is not only due to the processing of food, but also from the soil being depleted due to modern agricultural practices. Grains, beans and legumes contains phytates which prevent absorption of minerals. Sprouting grains and soaking beans and legumes helps to destroy phytates. Some vegetables contain substances called oxalates which can bind onto calcium, preventing its proper absorption.

Exercising causes our bodies to lose many essential minerals and electrolytes. It is essential to replenish our bodies so that we don't get depleted. One of the great things Trace Minerals help to do in our body is support our lymphatic system to eliminate toxins.

**Note:** A great source of Trace Minerals and electrolytes is "natural, unprocessed" Sea Salt. Some types of Sea Salt have over 80 different minerals and some types are even lower in Sodium than "common table salt", which is very low in Trace minerals.

\*Using salt of any form is not recommended for people with high blood pressure. Another great source of Trace Minerals is [Chinese Mineral-Chi Tonic](#), which is a combination of Trace Minerals and Chinese herbs designed to balance the energy flow or circulation of the body.

### **18. Avoid or minimize microwaving your food.**

The radiation from microwaving deteriorates the nutritional composition in food. It also changes the molecular structure of food so that your body is unable to use it properly.

### **19. Avoid eating out of plastic containers that have been exposed to heat.**

Heating plastic causes the toxins in the plastic to go into your food or water. These toxins are responsible for many disease symptoms, including hormonal imbalances and malabsorption.

### **20. Avoid inhaling or ingesting chemicals of any form.**

#### ***Examples of chemicals to avoid:***

- Avoid the use of drugs in any form, including prescription medications and antibiotics, unless absolutely necessary.
- Avoid consuming chemicals such as: food additives, artificial sweeteners and pop.
- Avoid using chemical based: air fresheners, perfumes, cleaning products, cosmetics, etc...Try to substitute with more natural forms.
- Avoid food that is full of chemicals such as: hormones, food coloring, pesticides, fertilizers, etc...

Any time you ingest something that is not in a natural state such as food, water or herbs, your body will treat it as a toxin and may store the by-products in fat cells. This builds up and leads to a breakdown of our bodies. So many people have difficulty losing weight because of extra fat cells that your body creates to protect you from toxic overload. Once you start to detoxify, start eating more alkaline

foods, increase minerals, and start to exercise, you will notice that your body will start to lose the fat.

\*Click [here](#) to read more about chemicals to avoid in your home. Click [here](#) for a list of natural alternatives you may want to try.

\*Click [here](#) to view a checklist of chemicals to avoid and suggested alternatives to use instead.

### **Other side effects of chemical exposure may include:**

- ✚ Some of these chemicals have Xenoestrogen properties which may simulate, block the uptake or interfere with the hormones in our body in various ways. This may lead to many hormonal issues that exist today such as: low thyroid, impotence, enlarged prostate, estrogen overload (which may lead to symptoms such as: Breast Cancer, Ovarian Cancer, Endometriosis, Prostate Cancer, etc...)
- ✚ Some chemicals are fat soluble which makes them prone to dissolving or depositing in fatty tissue. For example, many carpet cleaning products, dry cleaning products, auto-motive products, etc....are designed to dissolve greasy stains. If you inhale these chemicals on a regular basis, they may deposit in the fatty tissue of your nervous system and brain. Other chemicals contain heavy metals that are also prone to depositing in fatty tissue. This may lead to nervous system disorders such as: MS, Alzheimer's, Parkinson's, ALS (Lou Gehrig's disease) and various other disorders, including anxiety. To minimize your susceptibility to these disorders it is recommended to consistently supplement with things such as: Omega 3 fatty acids, minerals, algae, enzymes, Probiotics and B-Vitamins.

**Click [here](#) for complete ordering instructions for any of the above mentioned remedies.**

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