

Healthy Living

Spring Cleaning our Bodies

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The 21st century is introducing a revolutionary philosophy backed by new science of staying healthy, known as preventative or prevention medicine.

We spring clean our houses, so why shouldn't we spring clean our bodies. Most of us have heard the new terms circulating in our newspapers, health magazines, TV, etc.; claiming anti-aging products, supplements, and most importantly life style changes can insure more optimum quality of life. Judging our experiences with our parents, grandparents, aunts and uncles most of us believe that aging is accompanied by a sharp decline in our physical and mental health. We think getting older means our mental state becomes fragile and our bodies naturally will decline in bone integrity, nutritional deficiencies, etc,etc.

The fact is, it is conceivable and possible even to become biologically more youthful all the while you are chronologically aging. Spring cleaning is a term we can use to start this spring with a new outlook, new dedication and commitment to our overall well being. Detoxification can be subtle or more aggressive depending on your commitment to a head start on the process. It is advisable and essential to buy "clean food" which means the food should be organically grown, free of pesticides, herbicides, steroids, antibiotics, and hormones. Exercise is critical and should be incorporated into your daily schedule at least 20 minutes 4 to 5 times a week. For those of us on schedules with our jobs, our children, our households, we pretty much have to have a schedule, so add this to the schedule even if it means you get up 30 minutes earlier every day.

Let us shatter the myths of yesterday, "fix only what is broken" medicine and move toward the root cause of the problems, identify the things that are making us sick and eliminate the forces that cause more than 90% of today's most common and devastating diseases. You can create a lifetime of good health.

Spring cleaning can start now by following these simple steps.

*Detoxification using a proven natural system of "removes, repair, and recharge.

*Identify the foods that make you thrive and those foods that make

you feel unwell. Did you know the foods you crave are foods that your body is having difficulty breaking down and assimilating and may be expressed as food allergies?

*.Increase your knowledge by having a Gene test to identify you genetic predispositions to certain diseases so you can increase the activity of the genes that promote wellness.

*Do your own research to understand why diet's don't work, and understand what eating habits have to change for you to lose weight and regain a normal healthy weight.

* Know what is necessary to keep the weight off and maintain a healthy metabolism

*Challenge your body with exercise; decide if you do better with intense exercise or more passive/gentle exercise

*Lastly, identify and rid yourself of the toxins that are compromising your health, whether it is nutritional deficiencies, heavy metal toxicity, hormonal imbalances, environmental and food allergies to name the most prevalent.

Our bodies have the innate ability to heal when given the right environment and nutrition. Hippocrates quoted "let your food be your medicine and your medicine is your food". Times are very different now and in this era it is not possible to get what we need from our food. Our SAD diet is based primarily on processed, irradiated and genetically modified foods void of medicinal value and certainly void of nutritional value.

With more of us living longer, life itself has definitely become a marathon. If we want our lives to not only be longer, healthier and full of vitality and vigor, we have to keep a steady endurance jogging for most of the race, with the ability to sprint when circumstances demand. The reason is simple; what we do in the short term can have a tremendous effect on the quality of our lives in the long run.

Despite new medical discoveries and technological breakthroughs, health problems cloud the future for many Americans. Our health independence and quality of life are precious commodities. Ensure your future and healthy-aging process through an emphasis on self-control, wellness and prevention.

* Last of all spring clean your thinking, attitudes are changing and people are seeing themselves as youthful at older ages, we can slow down and even reverse the aging process.