

The Smart Guide to Good Health ... for Life!
(Including "The Smart Guide to Whole Food Supplements")



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"Good Health to You ... Since 2002"

Wellness is a journey ... not a race.

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Chapter 6 - Food: Both the Problem and the Solution



The problem today is that we have many health concerns largely due to the fact that our food is overly processed. Interestingly enough, the solution can also be found in food.

Let me remind you once again what the problem with our food is, because I feel it needs to be repeated:

Question:

If chronic diseases can be prevented, why is the incidence of chronic disease rising to epidemic proportions? (*Remember, this is meant to be tongue-in-cheek*)

Answer:

Let our food ripen naturally on the vine - We need to encourage the food growers to allow our food to ripen on the vine and stop picking it before it ripens. The nutrients shoot up through the stem into the food at the very moment it ripens (*economics dictate that they pick food early so it can be transported across the country and sometimes across the continent to our store shelves. Harvesting the food at the optimal nutritional moment for our health will lead to more spoilage. Not trucking it may lead to more waste and a reduction in profits for the companies*);

Commit to shopping locally - How about we commit to shopping locally and only eating the foods that are in season at the time? Mother Nature knew what she was doing when she invented the seasonal foods as they are what we are meant to eat for that season (*do we really need to eat watermelon all year round? Do you remember when it was only available in the summer?*);

Respect our soil - Get the food growers to pay more respect to the soil so that the food has natural soil nutrients to draw from (*more nutrients in the soil means more nutrients in the food, simple!*);

Feed the livestock grass - Now let's encourage the dairy farmers and ranchers to feed their livestock whole organic grass and not things that we as humans would never eat ourselves but will eventually consume when we eat the beef or drink the milk. Get them to stop injecting these animals with artificial stuff we can't pronounce (*don't even get me started on this one*);

Ban convenience meals – Then, tell the manufactures of convenience meals to stop adding preservatives and ingredients to their products that make them last an un-naturally long time, using un-natural flavours, un-healthy amounts of salt, sugar and trans fats (*let's ask all these multi-national corporations to consider our health and not just their bottom line. Remember that some companies that make these wonderfully convenient meals in a box are the same companies that own pharmaceutical corporations and guess what ... they have a drug that will manage your high blood pressure, high cholesterol and diabetes that will eventually surface as a result of continually eating those boxed convenience meals*).

If we can get back to eating more whole, natural, living food and less processed food, then our health would improve. So why don't we do that?

After speaking with many of my clients, a few of the reasons they tell me are:

Lack of Time; Lack of Money; and Lack of Knowledge.

However, none of those objections are truly valid. Let's look a little more closely at each one and you will see what I mean:

Lack of Time – We all have the same number of hours in the day. We lead hectic fast paced lives. You may not feel that you have time to prepare a wholesome healthy meal. That is understandable. However, I think you would probably agree that your health is worth it. You can make the time if you give it priority. You can prepare meals ahead of time that are more convenient. There are a number of great books out there that teach you how to prepare meals ahead of time such as The Big Cook (www.thebigcook.com).

You can try chopping up fresh veggies on the weekend and putting them out as a quick last minute appetizer with dip. Or try making 4 or 5 lasagne's one afternoon and then freeze them for quick dinners. These things just take a little planning but the time savings pay-off big time! By preparing your own meals more often, you have a pretty good idea of what goes into them, therefore you minimize the amount of preservatives, additives, un-natural flavours and processed stuff that goes into your body.

This is precisely where supplementation comes in. If you are too busy to get all the right foods into yourself on a daily basis, then you had better be supplementing to bridge the gap.

Lack of Money - It actually costs more to eat convenience foods than it does to purchase the food and then prepare it yourself. When you purchase the food and prepare it yourself you also know exactly what ingredients went into it. And you also know what is *not* in it (preservatives, excess sodium, trans fat or MSG). And if you take a few moments to look at the grocery store flyers and then plan your meals for the week according to what is on sale, you can save a lot of money.

Did you know that you pay about \$300.00 (CDN) a pound for veggies in frozen dinners? It turns out that every time you buy a frozen dinner - with the standard meat, vegetables, and dessert - you pony up about \$300.00 (CDN) a pound just for those peas and tiny carrots. Take a closer look at the portions to see where your money's spent: a typical frozen dinner might cost about \$4, but it weighs in at a scant 9 ounces total. At that rate, you'd get a better deal buying foie gras. A pound of that high-end treat will set you back a mere \$150.00. (*As seen in The Toronto Star newspaper, June 2009*).

The only benefits of convenience food are stated here by Dr. Abram Hoffer in "Hoffer's Law of Natural Nutrition", pg 37 "Before I describe what chemistry has done to make our food less nutritious, if not harmful to our health, I should acknowledge the benefits. There are only three: food is cheaper; it can be stored for many years; and it requires less work to prepare for eating." I will leave it up to you to decide if these benefits are worth the risk of harming your health.

What about the cost of high quality whole food supplements? Well, you will read about supplementation in Part II and understand further why it is important to use whole food supplements and why cost should not be a factor in your decision. Again, do you want to be consuming possible toxins in your vitamins? If not, then high quality whole food supplements are worth their weight in gold and whatever you are paying for synthetically manufactured or natural based products clearly become more expensive in the long run.

For example, “natural sourced” sounds pretty good, right? We are all looking for things that are more natural these days. Did you know that some vitamin companies source calcium from rocks? Rocks are a natural source, so they are being honest on the label. However, how well do you think your body will absorb nutrients from a rock? Not well at all. Last time I checked, we were not meant to eat rocks. So the money you spent on that bottle of calcium was a waste of money because your body is not absorbing the nutrients. When you consume quality whole food supplements, your body will absorb the nutrients better and your return on investment is greater.

And Finally: **Lack of Knowledge** – After reading this book you will no longer have this as an excuse either.

So, if a lot of the chronic diseases stem from our poor quality food supply then how can the answer also be found in our food?

It seems to me that the solution is to know which foods give you the most “bang for your buck” and simply consume them more often. The answer to good health is certainly in our food....it simply must be so. We eat food 3 times a day! It is our only source of nutrition and fuel for energy.

Interestingly enough, you will die without food yet the food choices you make may also contribute to ill health and death.

So, therein you can see the problem and the solution with food: society’s love-hate relationship, you might say. Those 3 main gaps in your diet: whole grains, fruits & vegetables and Omega-3 from fish simply must be part of your diet in order to be truly healthy.

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