

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

Curcumin, omega-3 fatty acids, cardiovascular health, mental health, cognitive function, fruits and vegetables.

While the title sounds wonderful it's not that simple although I think we can always improve our health at any age if we follow a healthy regimen coupled with discipline and the real desire to live a quality life. It isn't the years that we live that are important but the quality of those years. While the lifespan in the U.S. has increased, the number of people living with the challenges of disease and poor health has grown significantly in the last 50 years. If we continue on the course that we're on today, everyone will eventually die of cancer. The population of the United States has been sold on the fact that we are the most fortunate people in the world because of our "wonderful healthcare system". I believe our physicians today are among the finest in the world. Some of the near miracles they perform are truly amazing, but when it comes to drugs as the answer to our choice of lifestyle and poor nutrition, we are the sickest country in the world.

The United States represents 5% of the world's population and yet we consume as a nation 50% of the drugs manufactured worldwide. Drugs are prescribed in this country like candy on Halloween. In countries around the world, 85% of the population uses plant (herb) based medicines. We think we are well protected by drugs, medicines and the healthcare system, but based on WHO (the World Health Organization), the United States ranks 37th in the health of its citizens. That means there are 36 other industrialized countries that are healthier than the citizens of the United States and yet their rate of prescriptions per capita is far lower than in the United States. Take for example, West Virginia, 17 prescriptions is an average per capita so on a per capita



Regaining Your Health at Any Age

basis, some individuals could be prescribed 20 prescriptions daily. I am not against the use of drugs. If I were in an emergency ward or a trauma center I would want the physician to administer the best prescription based on the emergency. However, the amounts of drugs prescribed are primarily based on drug salesmen and TV advertising. It seems that drug companies would want everybody on some drugs. That makes great sense for the shareholders of the drug companies.

In 1987, 13 million prescriptions were written for cholesterol lowering drugs. Today there are over 200 million prescriptions written annually for statin drugs. You might wonder how that percent of increase could have been so great in just 20 years. It's quite simple. The criteria for high cholesterol are lowered periodically to increase more people in the statin drug classification. Also, keep this in mind. No double-blind, placebo-controlled study proved that statin drugs were beneficial for women. And, no study has ever been conducted on children, yet the FDA has approved statin drugs for children over the age of eight. I would highly recommend that you get off every drug you possibly can. Yes, I know you may need a drug in a specific case but ask your doctor why the drug is necessary and what you can do to avoid taking the drug. Today, drugs are dispensed for conditions that are the result of lifestyle choices and nutritional deficiencies.

I will list suggested changes in the rest of this article to improve the quality of your health and enable you to get off drugs.

1. Change your diet. Select wholesome, unrefined, unprocessed foods. Select a large percentage of your foods from the fruit and vegetable category. Try to eat 7-9 servings of fruits and vegetables daily. They can be raw or cooked, but preferably steamed or baked. Eat whole grains and preferably those that are gluten free. Consume high quality proteins such as meat, fish (tuna, salmon – wild, not farm raised), eggs, cheese, milk (goat's), whey and egg white protein (makes great smoothies); nutritious oils such as olive oil, pumpkin seed oil, flax seed oil and sesame seed oil. **Avoid** sugar (white and brown) and sugary desserts. Use Stevia, agave,

honey or molasses. Avoid hydrogenated fats and trans fatty acids. Avoid refined and processed flours. That means no white flour.



2. Water. Drink 2-3 quarts of pure, fresh water per day. No tap water since you want to avoid chlorine and fluorides. No coffee, soup, juice or tea substitutes for your 3 quarts of fresh water. You may drink 1-2 cups of coffee per day and diluted fruit juices but really emphasize a good quality and quantity of water.

3. Exercise. So important and so overlooked. I don't believe you have to buy a membership to the gym or fancy equipment. Just get off the couch, off your butt and move. Studies of people who live long lives do not do fancy exercises but they just keep moving. An easy way to accomplish this is 30 minutes of walking at a reasonably comfortable pace 3-4 times a week. This does not mean you take the dog with you because you don't have time to stop at every tree. Walk briskly, swing your arms and breathe deep for the entire 30 minutes.

4. Supplements. This category can make up for some of the deficiencies in the food you eat. I would emphasize selecting organic foods but sometimes they can even be deficient, and many foods will have a residue of pesticides. I believe supplements are very important, however, they do not replace a proper healthy diet. As the word says, they are supplements to an already well selected healthy diet.

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