

Hi True Wellness friends,

As we continue to truly adopt preventative health care as a lifestyle, and it need's to be a lifestyle and not just a substitution from drug *recipe medicine* to nutritional *recipe medicine*, we need to understand that all health, good or bad, begins with the foundation of dietary/nutritional awareness and making truly correct food choices for ourselves and our family. *Recipe medicine* is the concept of “what can I take when I am sick” and not realizing that each individual has individual needs and it is not as simple as if you have “x” then you need to take “y”.

We have all heard “We are what we eat”. Well, that old maxim is not exactly true; a clearer understanding is that we are what we absorb! Further, absorption is an important additional subject to be covered at a later date. The point being, if we do not make the necessary dietary changes and stick to it long term, then the true power of holistic natural health care is no different than treating symptoms with *recipe medicine*. Preventative health care must begin with preventing poisonous foods and substances from entering our mouths and bodies.

Medical research continues to prove that a poor diet high in saturated fats, sugar, sodium, excess animal proteins, and a diet low in fiber, vitamins, minerals and enzymes contributes to numerous diseases far more than previously thought. The concept of excess animal proteins is especially detrimental to the human system, excess being more than 80 grams a week. In fact, most illnesses relate to one or more nutritionally metabolic imbalances and deficiencies. The western diet since World War II has significantly changed and now our meals usually include saturated and hydrogenated fats, refined foods, chemical additives, preservatives, pesticides, excess sodium and sugar. The result of these dietary changes for the average American is a 31% increase in fat consumption, a 50% increase in consumption of sugar and other sweeteners, and a 43% decrease in consumption of refined carbohydrates. It is also note worthy that the World Health Origination reports that 80% of all disease and illness is a direct result of our (allopathic community—AKA WESTERN MEDICINE) efforts to eliminate disease and illness. More on that in an upcoming email as well.

Numerous statistics clearly show heart disease, diabetes, cancers and autoimmune diseases to be on the rise due to inadequate nutrition and toxic foods. The National Academy of Sciences (U.S) estimates that 60% of women's cancers and 40% of men's cancers are related to nutritional factors. Has your doctor or pediatrician told you that the most important single factor contributing to your health is what you eat? If not, he/she is probably going home at the end of their day and sitting down to a poor diet as well. The US Surgeon General's Report in 1989 stated that 67% of all deaths in the US are related in some way to diet..... and choking on food is not part of that statistic----Ha, ha.

Fortunately, with abundant information at hand, we can easily become more informed about good nutrition and transitionally make better dietary choices. The

impact of a poor diet on our children is profound and long lasting into adulthood. ADD/ADHD, autism, asthma and allergies, just to name a few, can all be traced to nutritional issues with children as early as the embryonic stages of life.

**If the food that we put into our mouth and the mouths of our children are not the single most important consideration concerning healthcare then it should be.** That and that alone will have the greatest impact on our long and short term health than anything else. It is also the simplest portion of our healthcare for us to control. Make food important and eat it consciously and with gratitude. We should all eat slowly and chew our food well. Good digestion begins and is most dramatic within the mouth. Most people don't chew sufficiently; the greatest enzymatic process occurs in the mouth. Omitting or shortening that enzymatic process combined with the tendency of most Americans to over-eat contributes dramatically to allergies of all kinds, acid reflux, poor nutritional absorption and a cascading of failing health issues down the road.

Our dietary choices also directly impact the power and intensity of any naturally therapy we engage in. **Our bodies' ability to take and retain new cellular information which is being provided by homeopathies and other natural remedies and therapies are directly impacted by our nutritional state.** This is way I always address the nutritional state of the body first and foremost with clients using Nutritional Response Testing. Long term true wellness is a part of our life journey, not just a desired destination. This journey can be enjoyed as a source of continuing enlightenment, awareness and also serve us as a positive driving force in making healthy choices and healthy changes for a healthy life.

Remember, good health does not happen by chance it happens by choice and by change. So start today making little changes within your diet and reap the benefits for a lifetime.

I look forward to our continuing journey together toward true wellness.

Ian Kennedy

*Statistical information provide by:  
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