

# Avoid These Common Mistakes To Optimize Your Health Quickly

For most people, learning about natural health (which, incidentally is the only kind of health there is) includes many of these common pitfalls that impede healing. The average person, especially those under 50, can achieve a high level of health very quickly, but it's rare. The reason for this is brainwashing. Health is not nearly as complicated as we're led to believe. Deprogramming our brains, getting rid of all of the nonsense, is the challenge that takes people weeks, months, or usually years to achieve in order to restore health.

If you've had enough of the aches and pains, disease, doctors pilling on medications, or you just feel it's time to avoid the fate you see your friends and family fall into, here's what you can do to radically accelerate your learning curve and achieve a truly wonderful state of natural health and vitality, quickly.

## No More Diet Foods

Diet soda, lean microwave dinners, healthy this and low fat that... are almost always garbage! If they reduce the fat, they increase the sugar. When they reduce the sugar, they increase the MSG. If the processed food does not have any fat or sugar, it almost always has artificial chemicals.

## Stop Reading Labels

That's right, I said stop reading labels, for a little while. Now that I've got your attention, I mean stop buying packaged foods. It's important to learn how to read labels, but it's

much more important to shop in a manner that doesn't require a lot of reading.

Typical self-proclaimed health-nuts love their junk food just as much as the conventional, sugar and caffeine addicted, soda drinking, GMO eating, processed food-buying consumer. The difference is that the health-nut generally buys foods labeled organic, or all natural, or something similar. Under many circumstances these words mean next to nothing. All natural is practically an industry joke played on gullible consumers. The phrase "Made with organic ingredients" is often simply a way to mark up the price. There are exceptions, and there is some junk food that I personally purchase from time to time, but organic junk food is still junk food!

## **Know What Health Food Really Is**

Look at it this way, food has three levels: healthy, neutral, and not healthy. Healthy food heals. Neutral food has lots of benefits, especially when eaten with healthy foods, but it doesn't really heal the body on its own.

Healthy food is produce. – raw, fresh produce. Foods that are alive are foods that heal and help rebuild the body. The fresher, the better. Enzymes are the key to assimilating nutrition, the key to vitality, the key to health. Very few people get enough enzymes. Enzymes are in raw foods, not in cooked foods. Cooking kills enzymes.

It's important to understand that every time we eat foods void of enzymes, we're taxing our bodies and reducing our lifespans, even when those food choices are of the healthier variety like rice and beans.

Brown rice, beans, quinoa, and lentils are examples of good foods to eat that should be considered neutral foods. These foods are wonderful sources of protein, bulk calories, minerals, and some vitamins. While raw food is best, it can be

difficult for most, and impossible for some, to get enough minerals, protein, and calories from raw foods alone (for instance, I know plenty of people who have very poor access to fresh produce, or cannot afford it). Obviously, when cooked right, these foods have lots of benefits, but they don't come close to the amazing health benefits of a salad. On the other hand, brown rice and beans with some raw produce such as avocados, diced tomatoes, chopped onions, crushed garlic, and ground turmeric is an incredibly healing, very beneficial, warm, and truly healthy meal. But, it still doesn't even compare a big, diverse salad.

## **Cut Out the Sugar (this includes juicing)**

Brown rice syrup, agave nectar, honey, coconut sugar, maple syrup, apple juice, beet juice, and sugar cane juice are much healthier choices than conventional sugar and high fructose corn syrup. They are "healthier" choices, but they are not "healthy" choices. To rid the body of disease and other ailments, cut it all out. Even allergies are a sign of too much sugar; that includes seasonal, pet, dust, and food allergies. Cut out the excess sugar completely for a while.

For a treat every now and then, wait until the body's health is where it needs to be, and then eat some of those foods occasionally, while paying careful attention to the body. As soon as an allergy, an ache, or some other ailment starts creeping back, cut back your sugar intake.

Sugar is sugar, which is to say sugar weakens the immune system and deteriorates the body in many ways, unless it is within whole foods.

# **Nutrition Trumps Toxins**

Avoid GMOs at all costs. Choose organic first, but when you can't, avoid the "dirty dozen," the foods most heavily contaminated with pesticides, especially if your health is in a poor state (see the last source below the article). Otherwise, fresh is best! When choosing between conventional, fresh produce, and organic frozen, canned, or otherwise processed, prepackaged foods, choose fresh. Get the enzymes. Unless someone is extremely sick, when the diet is balanced, the body can detoxify the chemicals and use the nutrients. More often than not, a person with a lack of nutrition and very low toxic load is typically less healthy than a person with a considerable toxic load and an abundance of nutrition. There are exceptions and a lot to learn, but doing research while eating lots of raw fresh produce is better than putting off dietary changes.

# **No More Vaccines, Prescription Medicines, or Over the Counter Drugs**

There are some cases where prescription drugs are absolutely necessary. Most of those cases are for a limited period of time. It's impossible to be truly healthy when the body is bombarded with chemicals. There is no drug that is healthy. Some drugs can help in some ways, but that doesn't make them beneficial to your health. It's not possible to reach the highest state of health and vitality while taking prescription drugs.

This is a question everyone taking drugs should ask themselves if they want to be healthy: "If I were stranded on an island, surrounded by the healthiest food imaginable, would I die without my drugs and/or vaccines?" If the answer is yes, then health will continue to elude you. If the answer is no, it's

time to do research and take control of your health.

There is the hard truth about vaccines that so many are unwilling to hear or understand. Regardless of a vaccine's efficacy to prevent disease, there are two key problems with them:

1. Vaccines are toxic – just read the ingredients. It doesn't take an MD to know that injecting those ingredients into the body can, and will, damage health.
2. Parasites, infectious disease, all the little critters that harm us go after weakened immune systems. The best defense against anything, from cancer to Ebola, is an incredibly strong immune system!

There's no excuse for the flu shot. Even if they worked, which they don't, it will still degrade your health. The real flu fighters are in the foods we eat.

## **Buy Whole Foods**

Unadulterated, unpackaged, unprocessed, unmolested foods are what counts. This includes herbs and spices. The most benefit you can get from turmeric, or ginger, or garlic, or pepper for instance, is from the whole form that you crush, grate, crack, etc. Turmeric is an incredibly beneficial spice, and should be included in any healthy diet, but if the unprocessed root is unavailable, go ahead and get the packaged pre-ground version. But try for the whole food version whenever possible.

## **Drink Clean Water**

Tap water is not good for us. Soda is extremely toxic to us. Milk feeds infection. Fruit, carrot, and beet juice has its place, but they have too much sugar to drink regularly for most people. Drink lots of clean drinking water. Spring water from a good, clean spring, or distilled water are the best choices. Check out the recipe for cranberry stevia lemonade,

and try drinking a gallon a day for a powerful detox.

## Stop Taking Cheap Supplements

Cheap supplements are ineffective and toxic. Supplements are so much safer than medications, but most of the time they are still a hindrance to good health. Be careful with supplement purchases, and don't use supplements to replace a good diet. Supplements should "supplement" a healthy diet instead.

## Where To Start?

Salads and lots of good water. Try this for two weeks: make a salad every single day with lots of fresh, raw produce. Check out the recipe from the first source below. Only eat salads, huge, diverse, nutrient rich salads, every day. Make the kind of salads that get finished in three sittings, not one. And make a gallon of cranberry lemonade sweetened with stevia. Eat fruits for snacks. Spend these two weeks researching and listening to the body, and slowly add more foods into the diet after ailments subside.

### Recommended Supplements:

- Total Nutrition Formula
- Shillington's Body Balance+

### Further Reading:

- *Raw Food Diet*
- *Inexpensive, Easy Detox – The One Gallon Challenge*
- *How to Kill Candida and Balance Your Inner Eco-system*
- *Garlic – The Most Amazing Herb on the Planet*
- *Cheap and Easy Detox Diet Plan*
- *8 Easy Steps to Health*