# Health: A Wise Investment

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People have asked me how hard it is to cure cancer or diabetes. These are actually two of the easiest “incurable” diseases to rid your body of. The hard part is to change one’s way of thinking. The hardest thing to get rid of is the brainwashing that conventional wisdom has instilled into the modern American.

Eating right is simple, but it’s not easy. Not for most people. When I tell people what foods to avoid they say, “But that’s everything I eat!”

Yeah, and that’s exactly why you’re sick!

If you eat mostly raw, fresh organic vegetables and fruit and avoid refined foods, you will rid the body of nearly every disease. We need to stop thinking of disease as some bug that attacks us, some microscopic evil creature that comes into our bodies and takes over. A health body and a healthy immune system do not succumb to disease. Most of the diseases people fear these days are simply caused by the body breaking down. Microscopic organisms that prey on us are actually preying on decaying matter. Disease is a symptom of an unhealthy body, not the cause.

Though eating right is easy, learning how to eat right is extremely difficult for most people. And taking the time to properly prepare food rather than pop in a microwave dinner, an impossible challenge. Just because it’s in the health

section or it has a green wrapper or is “made with organic ingredients” doesn’t mean it’s healthy. Learning to eat for the sole purpose of nourishing the body at its cellular level is such a paradigm shift for most people, the hard part is not what to do, but how to do it.

Medications are toxic chemicals that suppress symptoms while damaging the body at a cellular level. Many of them damage the immune system. This is a foreign concept if you’ve taken a pill for every ache and pain for thirty years.

Instead of investing in disease with your time and money, why not invest in health? Instead of medical insurance and over the counter and prescription drugs, co-pays, and sick days, what if you invested your time into learning about the best supplements? What if you spent your money on healthy food? What if you spent time preparing food and truly being involved with what fuels and nourishes you? What if what went into your body to nourish and heal you was one of the most important things in your life?

Does it seem like a radical concept? It is for most people. But consider this – would you rather take the time to learn about nutrition now? To gain the knowledge and the appreciation of how our bodies actually work? Or would you like to spend even more energy later on in life learning about your new disease and all of the drugs and allergies that come along with it?