Steps Toward Preventing Chronic Illness

Cancel Illness, Order in Wellness. 10 Strategies for Disease Prevention

Reduce Processed Foods

Better yet, entirely eliminate processed foods, sugar, and sugar spiking grains from your diet. Aside from being a poor source of nutrients for your body, many of the above foods create and support insulin issues. Controlling insulin levels is one of the most powerful and effective ways to decrease risk of developing many illnesses.

Eat Real Food

Increase the amount of live and wild foods in your diet. Live food has all of its nutrients, including enzymes, unaltered and intact. Because live foods are whole foods, they contribute to feeling well not only because they decrease the amount of ‘negatives’ that are going into your body, but because they offer more nutrition-wise than food that has been stripped of its nutrients, or otherwise ‘revamped.’ Live and whole foods are fantastic, but taking this a slight step further, the REAL nutritional stars are wild foods! Even the soil that most organic food is grown in these days, has been stripped of many nutrients, leaving far less than intended for the plants to absorb and pass along. A forest, however, has ‘food production’ down with perfection. Due to the continuous cycle of growth and decomposition the soil is rich with health supporting nutrients, and the root systems of most wild plants

reach an impressive depth within the soil, pulling up massive amounts of minerals and vitamins.

Get Sunlight

Balance your sun exposure. Spend enough time in the sun each day to normalize your levels of vitamin D. If/when spending time outdoors is not possible, consider mindful supplementation. Vitamin D is a key player in overall health and tests are available from a nutritionally knowledgeable physician if you're unsure whether you need to supplement.

Balance your Fats

Normalize your ratio of omega-3 to omega-6 fats by reducing omega-6 rich oils (cottonseed, corn, vegetable, wheat germ, grapeseed, sunflower seed, soybean, sesame seed, olive and safflower) and including more high quality omega-3 rich foods in your diet (omega-3 rich wild fish or fish oil and flaxseed are two good sources).

Exercise

Cultivate a regular exercise routine. As already written above, controlling insulin levels dramatically drops the risk of health decline. Exercise drives your insulin levels down, making it very beneficial from a position of prevention.

Sleep Well

Sleep sound. Historically, sleep was thought to be a passive state. Few things could be further from the truth. Sleep is an incredibly active time for both our brains and our bodies, during which we dreamily dive into all varieties of growth and repair processes- a dynamic biochemical orchestration. Sleep certainly affects our physical and mental well-being, and is essential for the normal functioning of all of the systems of our body, including our immune system.

Avoid Environmental Toxins

Reduce your exposure to environmental toxins. Pesticides, household cleaners, chemically laden paints and stains, conventionally grown food, air fresheners, air/water pollution, plastics, body washes and lotions are just a small sample of things that most of us come in contact with on a daily basis that make an imprint on our internal toxin load. Research all products that enter your home and your body and do your best to find healthy substitutes to support your own health, the health of your family, and the well-being of our planet.

Avoid Harmful EMFs

Limit your exposure to EMF produced by cell phone towers, base stations, cell phones and WiFi stations. (Easier written than done with the profuse integration of all the above into our daily lives and routines). There are several protection devices that are now available and can be worn and/or placed in your home to reduce energetic interference.

Get Grounded

Connect with the Earth (A passion of mine! I cannot write enough about this topic and so it deserves an entire, solo-style article. Click hear to read*Touching Earth*.

Heal Emotionally

Discover techniques to help rebalance your body from emotional energetic blockages. The Center for Disease Control states that 85 percent of disease is caused by emotions and stress. Neurological short-circuiting can promote a whole host of health problems, including activating cancer genes. While some people might gloss over this factor due to lack of ‘tangible understanding,’ it may be more important than all the other more physical ones listed above, and is very worthy of being

addressed. A couple of energetic rebalancing techniques worth looking into are Bio-Energetic Synchronization Technique (B.E.S.T.) and Emotional Freedom Technique.