

# Why Am I Always Sick?

Are you always sick? If feeling ill is more normal for you than feeling healthy, here are some of the common reasons and what you can do to get your immune system back on track.

## Junk Food

If you're sick all the time, change your diet. Stop eating processed food.

Less than one hundred years ago, there was absolutely no need to explain the difference between whole food and processed food. Food was just food. It was healthy, farm-grown, nutritious, and filled with live-promoting nutrients. Not anymore.

Now we run to the nearest supermarket or convenience store to stock up on MSG-laden cereals and aspartame-laced diet soda. Most of our food comes from a box or a can.

You can get healthy by getting rid of the fast food, microwavable meals, soda, potato chips, and French fries and trade it in for healthier fare.

Whole foods such as organic vegetables, fruits, whole grains, beans, legumes, organic meat, wild-caught fish, and healthy fats like coconut oil and butter will do absolute wonders for your health.

Try it!

## You Bathe in Toxins

The amount of toxins lurking in your shower is unbelievable. Read the labels on the shampoo and conditioner you use to beautify your hair and the slick-smelling body wash you use to

impress the ladies (or the gentlemen).

Shampoos and other conventional bathing products contain parabens that have been linked to infertility, muscle dysfunction, learning disabilities, and mood swings. They are also loaded with phthalates that have been proven to cause cancer.

Get rid of all the chemical cosmetics in your bathroom and start fresh. Invest in a good bottle of castile soap. You can use it as a body wash, shave cream, and shampoo all in one and it's completely pure and natural! Also, make the switch to paraben-free mineral make-up. Your face will thank you.

## **You Shoot Up with Toxins**

Do you get the flu shot every year? Vaccines are loaded with three of the most potent neurotoxins on the market: Aspartame, mercury, and MSG. If you have unexplained muscle twitches, movement disorders, chronic fatigue, and mood swings, these toxins could be to blame.

Do your research and learn all you can about the pros versus the cons of vaccines so you can make an informed decision about your health.

## **You Use Hand Sanitizers**

If you're trying to avoid getting sick by using copious amounts of hand sanitizer, it's not helping. Hand sanitizers not only kill germs on your hands, they also kill the good bacteria. Your immune system's first line of defense is your skin. And alcohol isn't the only ingredient in hand sanitizers. They also contain a potent pesticide called Triclosan, which has been linked to chronic immune system dysfunction.

## You Don't Move

Do you get enough exercise? Regular exercise helps prevent illness by raising your T-cells (fighter cells) and cutting down on your body's inflammatory response. There's no need to become a bodybuilder to get the exercise you need. Just start by walking or hiking for 30 minutes three times per week.

## You're a Vampire

Do you get enough sun? Or are you like millions of others who believe that if you step out into the sun, its harmful UV rays will penetrate your skin and rearrange your cells until you're riddled with skin cancer? It's not true. As a matter of fact, studies have actually shown that ***lack of sun can cause skin cancer!***

Vitamin D is essential for a healthy immune system. Unfortunately, Vitamin D deficiency is rampant in the United States and Canada because so many of us are avoiding the sun by either staying inside or bathing in sunscreen (which, by the way, contains toxic chemicals). Yes, you will bring on skin cancer if you tan at high noon each day for hours but fifteen minutes of sun exposure each day will help boost your vitamin D levels and your immune system.

## You're a Zombie

Warm bodies? If you don't get enough sleep every night, you probably find yourself slogging through your day like the walking dead. Plus, if you're making up for your sleep deficit by pounding energy drinks or high-test coffee, you're doing some serious harm to your health. Excessive caffeine intake coupled with lack of sleep equals taxed adrenal glands and a very weak immune system.

Magnesium deficiency is a common cause of chronic insomnia.

This essential mineral is responsible for more than 300 enzymatic reactions in the body. Adding a chelated magnesium supplement to your diet can work wonders in calming your mind, relaxing your body, and improving your sleep.

There's no reason to always feel sick when you have the power to change it. Good health is just a few dietary and lifestyle changes away. Don't go back to the doctor just to have him run more tests and look at you like he'd love to recommend a good shrink. Take control of your health. If you make all these changes and still feel sick a lot, make an appointment with a naturopathic physician for a second opinion.