

## **Are You Feeling Well?**

Your headache isn't caused because your body is making too little paracetamol.

Your stiff neck will not fully resolve by taking anti-inflammatories (which may incidentally give you the side effect of a stomach ulcer).

Modern medicine is very simplistic, it hits the symptoms with a drug but usually fails to address the real reasons you are ill.

The symptoms of disease let us know we are ill. To get rid of the signs of disease without resolving the underlying cause is akin to painting over damp wallpaper. It may look good for a short while but the underlying condition may be getting worse.

Natural medicine aims to increase the underlying vitality, boost the immune system and increase energy.

Then the body's own heightened resources will itself fight off disease. Its gardening equivalent would be in building up a fantastic soil structure full of compost. Plants are so naturally vibrant they resist diseases that other plants succumb to on poor soils. So what can you practically do to improve your health?

### **12 Simple Steps to Health**

1. Give up sugar. Eat sugar as an occasional treat. People who eat lots of sugar become exhausted.
2. Take omega 3 fish oils or if you are a vegetarian take linseed (flax) oil. Never cook with linseed oil and only use top quality. (Do not take fish oils if on warfarin). These oils protect your circulation and elevate your mood.
3. Eat brassicas (cabbage, sprouts, broccoli) at least once a day. They clean your liver and boost magnesium levels, a natural muscle relaxant. (If you have an under active thyroid eat brassicas only every other day).
4. Do not eat hydrogenated oils. These clog your arteries. Only buy margarine that says 'non-hydrogenated'.
5. Take daily B vitamins. These protect your arteries from the damaging build up of homocysteine that is associated with Alzheimer's and heart disease. (people on medication for Parkinson's disease and epilepsy should consult a G.P. or pharmacist before taking B vitamins).
6. Eat wholemeal bread not white bread if possible. Low fibre diets increase cholesterol levels and may also lead to a toxic digestive tract.
7. Get 15 – 20 minutes sun exposure every day in autumn and winter take Vitamin D3 supplements. Low Vitamin D3 is a major cause of several significant diseases. In the spring and summer Vitamin D3 is manufactured in the skin by exposure to sunlight.
8. Eat lots of fruit and vegetables (preferably organic).
9. Eat less salt. Too much salt stops your kidneys making urine which often leads to high blood pressure.
10. Drink water, dehydration is common, particularly in the office. Try to avoid caffeine (tea, coffee, cola) after 3pm. They can affect sleep.
11. Take some exercise, even if it is a ten-minute stroll around the block.
12. Have goals and purposes. Work towards them. Do not listen to those who tell you it cannot be done. The best way to beat suppression is simply to succeed.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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