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Stop The Insanity!

Marie Bouvier-Newman

Sigmund Freud, a famous psychoanalyst, once described insanity as doing the same thing over and over expecting a different outcome. In many ways this is what we do with our health. We regularly consume foods that are unhealthy, remain physically inactive, and allow stress to rule our lives, then wonder why we feel so bloated or tired or why we have this or that pain. Eventually these symptoms become what we consider “normal” and even convince ourselves that they are just part of the aging process and are to be expected. Sound familiar?

75% of our health is the result of personal choices. As the saying goes, we reap what we sow. Processed or prepared foods like breads, prepared frozen meals, prepackaged mixes, and fast food in general all contain ingredients that cause more harm than good. Chemical additives that serve as stabilizers, preservatives, colorants, and flavors abound in these foods as do an incredible amount of sugars and salt, all of which are unhealthy when consumed regularly and in large quantities. Add to this concoction the chemicals used on our fresh foods, in the products used for personal care, for cleaning our houses and manicuring our yards, along with a couch potato mentality and stressful schedules, and we've got a formula for disaster.

How can we stop the insanity?

1. Lose the soda and sweet juice drinks, minimize the caffeine, and replace it all with plenty of good quality filtered WATER. Water bathes every cell and is needed for virtually every body function so drink water, a half ounce for every pound of body weight every day. A glass or two when we first wake up along with a glass a half hour before each meal and a couple of glasses between meals and we've got it covered.
2. Replace “fast” food with HEALTHY FOOD choices like fresh and organic fruits and vegetables, whole grains, and, if a meat eater, grass-fed and free-range raised meats, and wild-caught fish. Sure it takes a more conscious effort, perhaps a little higher cost, and a little time to prepare but these choices are more appetizing, nutritious for our bodies and sustaining to our health.

Five to nine servings of fruits and vegetables are recommended every day. Not a bowlful of each serving but a nice variety cooked and raw throughout each day. How about a piece of fruit with breakfast, a nice soup loaded with vegetables, or perhaps some steamed vegetables at lunch, another piece of fruit and maybe some baby carrots and/or celery sticks or pepper slices for a mid-afternoon snack, and a nice salad that includes some organic leafy greens (not iceberg please) and a few veggies with dinner? A salad dressing of extra virgin olive oil and fresh lemon juice is not only healthy, especially for the liver, but it is quite refreshing, simple, cheap, and tasty.

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Whole grains provide a better nutritional balance than impoverished grains like white rice and white flour. Consider brown rice, spelt, oats, wheat berries, millet, quinoa and amaranth. They are very inexpensive to buy in bulk, easy to prepare, and refrigerate well so they can be prepared one night and used for the next few days. It's easy to make them yummy by cooking them in a nice broth and adding some sautéed onions, garlic, and celery, beans, toasted nuts, and even a little soy sauce, whatever seems appealing. Mmmm, is it time to eat?

3. Next we can get our bodies MOVING. Our arms and legs were built to move and our muscles and cells get stronger with resistance. No one said we have to sign up for a marathon. We just need to get in motion every day. Walking, bicycling, gardening, yoga, and rebounding are great and simple choices.

4. Good SLEEP is necessary for our bodies to repair and recharge. How much sleep? Different people have different needs but it should be enough to feel invigorated when we awaken. A comfortable bed, a good routine and an adequate amount of darkness and quiet are very helpful.

5. Minimize stress. Resign as volunteer of the year and say no once in awhile. Take time to BREATHE deeply. Get some fresh air and feel the warmth of the sun. Laugh. We make ourselves too important, too responsible and just plain too busy. Do something fun like walking in the woods, fishing, or making time for a relaxing hobby.

Good health is not as difficult as it seems. It just takes a little awareness!

BIO:

Marie Bouvier-Newman is the owner of It's My Health Wellcare Collaborative in Pascoag, RI, a center that offers health products, services, information and education. Marie is also a naturopathic student at Clayton College of Natural Health and a Certified Comprehensive Iridologist and board member of the International Iridology Practitioners Association (IIPA). Contact information: 401-710-9701 and www.its-my-health.com

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