



*10 Health Goals You Can Achieve  
Without Pharmaceuticals*

by Jeananne Laing,  
*Master Herbalist and Wholistic Therapist*



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***IMPORTANT:*** *The information contained in this booklet is for educational purposes only. It is not meant to be of a diagnostic nature and does not replace the advice of a qualified health care practitioner. Before you embark on any change in lifestyle and eating habits, make sure you check with your health care provider about your plan.*

***Do not stop any medication unless you are under the direct supervision of a qualified health care provider. Seek medical attention as required.***

This paper does not address specific health issues; it simply gives you information to get you thinking about things you may not have thought about before.

The opinions expressed herein are strictly the opinions of the author. The suggestions contained herein are simply suggestions that have worked for the author and others, and they have not been proven by double blind placebo studies.

Comments can be sent to [jeanne@enhealthment.com](mailto:jeanne@enhealthment.com)

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# PART ONE

*What are Health Goals  
and Why You Should Have Them?*

## **WHAT IS A HEALTH GOAL?**

A Health Goal is like any other type of goal that you set for yourself, except that it pertains to your health or more specifically how you physically feel now versus how you want to feel physically at some point in the future.

The most common health goal is to lose a certain amount of weight by a certain date. Other common health goals are to get in shape, or to heal from an injury or disease.

But have you ever thought about having a health goal that gets you focusing on those little

health annoyances that come and go, especially as we age?

## **WHY DO YOU NEED TO HAVE HEALTH GOALS?**

We have so much more control over our health than we have been led to believe. Health goals can motivate you to address the little issues before they become chronic disease.

As long as we are feeling good, or at least 'good enough', we tend to take our health for granted. And most of us have enough common sense, that when we start to get run down we automatically make small adjustments to our daily routine to ease the discomfort. For

example if you feel the beginnings of a sore throat, you will likely drink extra fluids, eat a little more healthily, and try to get extra sleep.

But what about those little needling health concerns that mysteriously crop up now and then and get our attention for a short time (a few minutes, hours, days, even weeks), then just as mysteriously disappear and we don't even think about it again until the next time it happens. You may marvel that the problem just disappeared on its own, sometimes even feeling that it must have been the extra walk you did last week, along with that extra serving of spinach at lunch, oh and don't

forget the Vitamin C pills your mother gave you . . . surely one of these little changes must have taken care of the problem.

If the same problem crops up a few more times in a year, you might be tempted to go to the doctor, starting to worry that maybe something is really wrong, and before you know it you are being sent for a long list of uncomfortable tests. In many cases your health checks out just fine, which is a great relief, except that little problem is still there. So you wonder “if the doctor says I’m healthy, yet I have this problem . . . what is going on?” Puzzled, you mention this to your Doctor and it is suddenly suggested that you try

a pharmaceutical to relieve the symptom that there doesn’t seem to be any cause for.

I learned in high school physics that for every action there is an equal and opposite reaction. When that rule of physics is applied to the human body we can say that for every symptom there is most definitely a cause. So taking a pharmaceutical to relieve a symptom that you don’t know the cause of is kind of like turning up the volume of your car stereo to drown out that funny rattling noise coming from the engine.

So why should you have health goals when you feel perfectly healthy, or at least healthy

enough to mostly do what you want to do? Because those random needling little problems are early warning signs that your body is temporarily having trouble keeping itself in good repair. When you are actively working towards one or more health goals, you will be less likely to over burden the body’s ability to repair itself and you will be more likely to provide the tools your body needs to help keep it in top running order. The benefit of that is not only vitality, longevity and aging gracefully, but also less burden on the health care system, the environment, your bank account and your children.

Keep in mind that 'good health' is highly subjective. For someone already burdened with a chronic disease, good health might be stopping the disease from progressing further so they can spend quality time with family. For someone relatively healthy, good health might mean being able to play golf twice a week or participate in a triathlon.

But for most of us good health simply means having the energy to do what we need to do every day and then getting a good night's sleep so we can get up and do it all over again tomorrow.

So no matter what your current state of health, having one or more health goals will empower you to start paying attention to your health. And why is that important? Because a healthier

happier you will create a healthier happier world.

Only by healing ourselves will we be able to heal our world.





# PART TWO

*Why “Without Pharmaceuticals?”*

## **AN IMPORTANT TOOL**

Pharmaceutical medicines are an extremely important tool in our health care tool box, but they are not the only tool. Everyday drugs save lives, ease pain, and buy time for diseased bodies to heal. Pharmaceutical drugs are really good at targeting specific dysfunction in the body once the problem has occurred. They are mostly 'after the fact' medicine and I am very grateful that in case of an emergency there will be a drug available to get me on the road to recovery.

Unfortunately pharmaceutical drug use can also have a dark side and really should only be

used in case of emergency. Like eating at a fast food restaurant; its ok in an emergency but if given a choice, not for long term use.

While, there are situations when pharmaceuticals are the best choice for long term health management, many health concerns are well managed, and even prevented through suitable lifestyle and nutrition choices.

Let's look at a few facts about pharmaceutical drug use that you may not have thought about before.

## **UNANTICIPATED SIDE EFFECTS**

Drugs often have side effects that can create discomfort in one area of the body while treating a condition in a different area of the body. In the short term, i.e. an emergency, we understand that risk and realize that there may be clean up needed after the drug is stopped. You can liken this to firemen spraying water on a burning house. That water, if it arrives on time, will save the house, but some of the belongings inside may be damaged and have to be repaired once the fire is put out, and that job is much easier than

trying to build a whole new house.

### **DRUGS POLLUTE<sup>1,2</sup>**

Most people are unaware that many drugs are not 'deactivated' during their journey through our bodies, and recent tests show that some are not even deactivated at sewage treatment plants. This means that some of these drugs may be present in our water ways, possibly harming aquatic life, and maybe even our drinking water.

### **AND POLLUTE SOME MORE**

Have you ever thought about all those billions of little plastic

bottles that the pills come in? We know that plastic does not degrade willingly, if at all. Archeologists 1,000 years from now will unearth billions of little plastic bottles entangled in the roots of medicinal plants and trees and wonder what on earth we used all those little bottles for. They may speculate that this was a time when humans were extremely unhealthy or at best confused.

### **ADDICTION**

Some pharmaceutical drugs are highly addictive and can lead to prescription drug abuse,<sup>3</sup> causing lives to spiral out of control and even death<sup>4</sup>. Well-functioning, decent people have

been known to turn to crime to support their addiction to pharmaceutical drugs, often becoming violent, or victims of violence. During this downward spiral children are neglected, putting a further burden on our communities and our future.

Our motivation to look after our own health is being eroded and replaced with an expectation that there will always be a pill or surgery to fix anything that goes wrong. We are not only losing our *motivation* to look after ourselves, but we have almost forgotten *how* to look after ourselves.

By creating specific health goals you are more likely to spend

time learning how to look after yourself and avoid getting on the drug treadmill.

Its time we each, individually take responsibility for our own health. No more living on fast food and soda pop then blaming those companies for making you sick. We have to learn to discern the truth in advertising from the lies. Do you really believe that

sugar coated puffy crisps are part of a healthy breakfast?

We need to put our health at the top of our priority list. Each of us, right now, needs to step up to the plate and commit to getting real about our health. We need to be examples of positive health for our children, our parents, and our neighbours.

Good health is no accident, nor is it just for the lucky. Staying healthy is an individual's responsibility.

Keep reading, and then do your part by choosing one or more health goals to work towards over the next three to six months.





# PART THREE

## *10 Health Goals You Can Achieve Without Pharmaceuticals*

## HEALTH GOAL #1

### INCREASED ENERGY

Lack of energy is one of the top complaints of most people living in these busy times. While we haven't yet figured out how to stop the clock or put more hours in the day, it is possible to improve your energy levels so you have the strength and stamina to get done what you need to get done in the little time you do have.

Many factors influence how much energy you have available at any given time. Things such as diet, exercise, sleep patterns and stress levels are all factors that need to be considered.

There are also emotional components that affect your ability to access energy. These include feeling overwhelmed, resentment, frustration, anger, and other negative emotions that drain your energy.

Having "Increased Energy" as a health goal will motivate you to discover what decreases your daily access to energy and what increases it. You will learn what foods pep you up and what foods slug you out. You will learn that energy creates energy so incorporating exercise into your daily routine will actually provide you more energy to do what you need to do.

Having excess energy at the end of the day is like finding a fifty dollar bill under your pillow every morning. Just imagine what you could do with all that extra energy.

## HEALTH GOAL #2:

### REGULAR, COMFORTABLE BOWEL MOVEMENTS

Doesn't the day just seem to go so much better when you ... well ... GO first thing in the morning or at least once every day? For people who are chronically constipated, a bowel movement can feel like winning the lottery.

If you dream of having regular, comfortable bowel movements, you are not alone. Even though this topic is not typically brought up in polite conversation, the lack of a daily bowel movement is a real problem for many people.

The cause of constipation and irregularity, with its accompanying intestinal discomfort, bloating, and feelings of anxiousness can seem mysterious and confusing. Fortunately this condition is fairly simple to correct.

If your health goal is to have regular comfortable bowel movements you will not only learn how food and exercise

influence your health, but you will also learn how stress, nervousness and worry affect your digestive system.

Number 2 <ahem> is not the prettiest health goal to have, but it is extremely important to your every day comfort and as well as your ability to age gracefully.

### HEALTH GOAL #3

#### **FREEDOM FROM CANDIDA ALBICANS YEAST OVERGROWTH**

Candida is a yeast that naturally occurs in our bodies and doesn't cause any problems until the conditions are right for it to

flourish. Like ants at a picnic, Candida yeast thrives on sugar, processed and fast food, vinegar and other fermented food and once it proliferates in the body it can create a huge long list of problems.

Most people think that Candida yeast only causes vaginal yeast infections and thrush. But that is just the tip of the iceberg of symptoms that an overgrowth of Candida yeast can cause<sup>5</sup>. Other symptoms include gas, headaches, cravings, allergies, mood swings, gastrointestinal problems, eczema, acne, athletes foot, flu like symptoms, PMS, chemical sensitivity, decreased libido, foggy thinking,

blurred vision . . . and the list goes on.

The strategy for eliminating Candida overgrowth from the body requires eliminating the foods that Candida thrives on, destroying the Candida with specific herbal remedies, and strengthening the body systems so that large Candida colonies cannot re-establish.

Ridding the body of Candida Albicans can be difficult – not because the yeast is hard to destroy, but because the overgrowth of yeast has us emotionally trained to feed it the foods it loves. When we stop feeding it, the Candida will complain . . . think of a spoiled

four year old having a temper tantrum in a grocery store when mom refuses to buy sugar blob cereal.

If Freedom from Candida Albicans Yeast Overgrowth is your health goal you must be prepared to deal yourself some tough love. This can be one of the most challenging health goals, but it is also one of the most rewarding, for within just a few days you will begin to feel better and one by one the symptoms of poor health will disappear.

#### HEALTH GOAL #4

#### END SUGAR CRAVINGS

Sugar cravings might be something you giggle about with your girl friends while stuffing your face with a double fudge brownie, but the consequences of sugar cravings are much more worrisome.

If you are regularly bingeing on sugar you are doing grave damage to your health and you would be wise to make this your top health goal. More and more we are learning that the spikes and falls of blood sugar levels cause debilitating damage to the body and drastically reduce

quality of life and life expectancy.

Sugar cravings might seem harmless, but they really are a symptom that something within the body is out of balance. You would be wise to regard sugar cravings as a wake up call; a red flag warning that trouble, big trouble, could be just around the corner.

But the good news is that if “End Sugar Cravings” is your health goal, you may as well also have “Freedom from Candida Albicans Yeast Overgrowth” as your secondary health goal, because often the two go hand in hand.

Other benefits of Health Goal #4 are weight management, lessening of PMS symptoms, improved dental health, setting a good example for your children, and maybe even a healthier bank account.

#### HEALTH GOAL #5

#### HEALTHY WEIGHT MANAGEMENT

Weight loss is the biggest area targeted by supplement manufacturers. Not because supplements are the best way to lose weight, but because there is an abundance of people willing to pay money to buy the latest

and greatest *anything* that might help them lose weight.

Healthy Weight Management has probably been a Health Goal of yours at some time in your life. And if you have had trouble achieving it in the past, this goal can feel overwhelming, complex and unwieldy.

More and more our doctors, scientists and researchers are telling us that excess weight shortens our lives, burdens our heart and other organs, and makes us more susceptible to major diseases.

If you choose Healthy Weight Management as your number one health goal, you will learn

that weight management is about much more than just what you put into your body. "You are what you eat" is only part of the story. You are what you take into your body (eating, drinking, seeing, hearing, feeling, smelling, absorbing, touching, etc); what you do with what you take into your body (digesting, absorption, thinking, etc); and what you don't eliminate (through bowels, kidneys, skin, lungs, emotions, verbalization, etc.)

Congratulations for choosing Health Goal #5 – you are going to learn a lot and are well on your way to a more comfortable future.

## HEALTH GOAL #6

### **DECREASE SUSCEPTIBILITY TO COLDS AND FLU**

Cold and flu season is one time you don't want to be following the crowd. And doesn't it always seem like you catch a cold at the worst possible time, such as the beginning of your vacation or a couple of days before the big project is due?

If you are one of those people that always seem to pick up every bug that's going around you may want to consider having "Decrease Susceptibility to Colds and Flu" as your number one Health Goal.

This health goal will have you researching the marvels of your immune system and the amazing job it does for you every day 24/7. You will learn to tune into subtle clues that your immune system sends out and how you can use those clues to give your immune system the right tools it needs at exactly the right time.

Once you have achieved Health Goal #6, you can be one of those people that gets to boast that they hardly ever get sick! So go ahead and give a big hi-five to Health Goal #6. You may never have to call in sick again!

### HEALTH GOAL # 7

#### CONSISTENTLY GET A GOOD NIGHTS SLEEP

A restful, satisfying sleep is essential to maintaining good health. In fact it is so important, that sleep deprivation has been used as a form of torture, and it can certainly feel like you are being tortured when you don't sleep well.

Stress is one of the biggest factors contributing to sleep loss. In order to get a restful sleep both your body AND your mind must be relaxed and calm.

Can you imagine what life would be like if everyone everywhere got a consistently good night's sleep?

No more cranky morning commutes.

No more forgotten homework.

No more snapping at your partner over whose turn it is to take out the garbage.

Ok. Maybe a good night's sleep won't eliminate all the stress in the world, but it will help you to better manage the stress which in turn may increase your ability to make clearer decisions about all areas of your life.

And that will help everyone, including you, sleep better.

### HEALTH GOAL # 8

#### RELIEF FROM INDIGESTION

Nothing can ruin your day faster than a bout of indigestion. That uncomfortable burning sensation that stops you from being able to concentrate on anything is actually quite simple to avoid. Heartburn, acid reflux, bloating and gas all fall under the 'indigestion' umbrella.

If you feel you eat all the right foods, but are still plagued by these uncomfortable conditions, almost for sure your whole

digestive system is in need of an overhaul. Now this might sound like a daunting task, but it is relatively quick and easy to fix.

So if relief from indigestion is your number one health goal, you are going to discover that impaired digestion combined with hastily eaten meals sets you up for a few hours of agony. You will learn the impact that stress has on digestion. And most importantly you will learn that given the right tools (in the form of herbs and foods) your digestive system can be repaired so you no longer have to suffer from indigestion.

## HEALTH GOAL #9

### LESSEN JOINT PAIN AND STIFFNESS

Do you groan and creak when standing up after sitting for even just a few minutes? Do sore joints wake you up at night? Stiff sore joints can make you feel older than you are. Thankfully relief is available that will have you jumping up and dancing in no time at all. In fact dancing could even be one of the ways to manage this health annoyance.

You know the saying 'Use it or lose it'? Well the thing is, in many cases of joint pain and stiffness, simply moving the

joints gently, every day can provide great relief. Yoga and other forms of stretching, when done consistently can provide lasting relief. And if your stiff sore joints are the result of over use, nothing beats gentle stretching to begin and end each day. Its no surprise that once again, stress and poor diet can also contribute to joint pain and muscle stiffness.

If you've ever wondered what it would be like to be a yogi on an alkaline diet, then choose #9 as your number one health goal.

Don't worry, you won't have to sit in the lotus position and eat lettuce all day.

## HEALTH GOAL #10

### STOP REACTING TO PERFUMES, MOLDS AND OTHER ALLERGENS

There is nothing more frustrating than being stopped dead in your tracks by an invisible air borne something that suddenly has you wheezing and in a panic to find fresh air.

If you picked this as one of your health goals, then almost for sure you are suffering from long term Candida Albican overgrowth.

Strange as it seems Candida Albican overgrowth creates a whole host of burdens on your body. Your body becomes so bogged down that just the slightest hint of mold or perfume can trigger a storm of reactions that leaves you breathless, tired, stuffed up and achy. For some people this is such a serious problem that they can't go out in public, let alone opening night at the opera.

Are you saying this to yourself right now: *"I don't have Candida! My allergies are caused by something else and I know its not Candida!"* Maybe not ... but

keeping its host in denial is part of Candida's nature! Its very survival depends on it.

By choosing Health Goal #10 you once again get to work towards two Health Goals for the price of one.

But wait . . . like the late night infomercials, there's more! Pick just one of these Health Goals and you will acquire enough knowledge to achieve them all. Wow! That's like 10 for the price of 1! So what are you waiting for?



# PART FOUR

*How to Achieve Health Goals  
Without Pharmaceuticals*

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*Before you embark on any change in lifestyle or eating habits, check with your health care provider about your plan. Do not stop any medication unless you are under the direct supervision of a qualified health care provider.*

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## **WHERE TO START**

Achieving any health goal is not a one step process. Like all health issues, many factors should be considered and usually several simultaneous changes must be made. By working towards any of these health goals you will be freeing yourself from a possible future of the most common pharmaceuticals, those that treat anxiety, high blood pressure, high cholesterol,

hormone imbalance, pain and insomnia. If you are already taking one or more of these medications you may find that by working towards any of these health goals you are able to lessen your dependence on the drugs. *(Remember, never stop any medication without the ok from your doctor.)*

When it comes to improving your health there are four major things to consider: what you

don't eat, what you do eat, how you exercise, and appropriate herbal remedies and supplements that target your particular health concerns.

Of course there are other considerations such as genetics, stress levels, past health history, even where you live plays a role in your health. But for the majority of people focusing on food, exercise and appropriate

herbs and supplements will produce the desired results.

Remember, like any other change you want in your life, you have to actually make changes before change will happen. Lets get started.

### **IT IS TIME TO GET REAL**

When it comes to what to put in your mouth it is time to get real ... literally get real. What I mean is eat real food. You know the kind of food that you can recognize where it came from; the kind of food that has its own built in, compostable packaging; the kind of food that will go rotten if you leave it on the counter for a week. Ok there are

a few exceptions to the "will go rotten" rule. Things like nuts, dried fruits, dried legumes and unground whole grains are also 'real' food.

### **FOODS TO TAKE OUT OF YOUR DIET aka HEALTH-DEPLETING FOODS aka 'CRAP'**

It is truly mind boggling that some of the products on store shelves are actually considered to be food. Sometimes it seems like we are more particular about what we feed our cats and dogs than we are about what we put into our own mouths. I'd be willing to bet that you would never give your dog a soda pop and donut for breakfast, so why

would you feed that to yourself or your children?

Our bodies are amazing at keeping themselves in good repair, but they need the proper tools to do the job right.

The foods you choose to eat are the tools your body has to work with. Foods that are not health-enhancing are health-depleting.

When you eat health-depleting foods on a regular basis (more than once a week) you are not only forcing your body to constantly patch and repair, but you are asking it to patch and repair without the proper tools.

When you constantly eat health-depleting foods, you are asking a master carpenter (your organs) to keep a house (your body) in good repair using inadequate tools (health-depleting food). If you were that master carpenter, you would probably be a little cranky, but like any master, you would do your best with what you had to work with. Unfortunately, without the right tools that master carpenter would eventually have to make tough choices about what parts of the house it could repair and what parts would have to stay in disrepair.

Learning how to eat real food can be confusing at first, so let's

start with a few suggestions of what NOT to eat.

- Don't drink pop, diet pop, energy drinks or premade juice from concentrate. Limit alcohol consumption.
- Stay away from fast food and processed food.
- Don't eat anything that contains high-fructose corn syrup.
- Limit consumption of products that contains finely ground grains. This includes breads, noodles, crackers, cookies, cakes, pancakes, gravies and soup thickened with flour. Don't worry ... you can survive

without bread and noodles. Try pouring pasta sauce over brown rice and eat your sandwich filling with a fork, or wrap it in a lettuce leaf.

- Throw out any breakfast cereal that comes in a cardboard box with coupons printed on the side. Don't even give it to the birds . . . its not good for them either. Instead choose granola, muesli, and oatmeal or eat protein leftovers, such as chicken breast, for breakfast.
- Skip dessert . . . except when you are with a group of friends and family celebrating a very special occasion. This means that 3 or 4 times each year

you can go crazy at the dessert counter.

- Candies and candy bars are not food. Enough said.
- Eliminate sugar from your diet and don't replace it with artificial sweeteners. Start to appreciate flavours that are not sweet. Also limit the use of natural sweeteners such as honey, maple syrup, etc.
- Limit your dependence on canned food. Canned food is great emergency food and everyone should have a small supply of canned food tucked away. But if you are eating food from a can everyday, its

time to get adventurous and learn to cook with fresh food.

- Stop eating manufactured protein. A big fad for the past few years is the daily use of protein powder. Protein powder is a highly processed food substance, usually laced with large amounts of sugar and artificial flavourings. There is nothing natural about white powdery protein that comes in an oversized plastic tub.

That short list of what not to eat was not meant to make you feel guilty. It was simply meant to enlighten you to the fact that foods we take for granted may not be the best for your health.

## **FOODS TO INCLUDE IN YOUR DIET AKA HEALTH-ENHANCING FOOD**

Now that you know what foods degrade your health you might be wondering what is there left to eat? Never fear, there is plenty of food left to eat.

When you go to the supermarket to buy groceries, choose the majority of your food from the fresh produce section (veggies and fruit). The combined total amount of food you choose from the butcher shop, the dairy section and the bulk foods area (whole grains, nuts, seeds and dried fruit) should equal the amount of fresh vegetables and fruit that you buy. For

convenience, also pick up some frozen fruits and vegetables. Ideally, your grocery cart should contain fifty percent vegetables and fruit and fifty percent meat, dairy, whole grain, nuts, seeds and dried fruit.

Here's a sampling of health-enhancing food ideas.

- Eat 2-3 handfuls of leafy greens daily. Contrary to popular belief you don't need to eat a huge big salad every day – there are lots of other ways to incorporate leafy greens into your diet. For example, you can add a handful of leafy greens to your morning smoothie and blend well, or put a handful in the

bottom of the bowl before you add the soup or stew. You can even eat leafy greens right out of the bag ... you'll never go back to potato chips!

- Learn to like the taste of bitter. You can train your taste buds to feel just as satisfied with the taste of bitter as they are with the taste of sweet. Then all you need for a satisfying snack is a tiny square of bitter chocolate (85% or more cocoa butter). If you like lots of sugar and cream in your coffee, learn to drink it black.
- Replace cardboard-boxed cereals with whole grains. For your own ready to eat cereal, cook extra grains (rice, quinoa,

etc) and put in the fridge over night. In the morning add fresh or dried fruit, chopped nuts, milk or milk substitute and enjoy.

- Learn how to cook using fresh ingredients.
- Join or start a cooking co'op that gets together to cook meals in bulk.
- Eat something raw every day.
- Each month try a vegetable or fruit that you haven't tried before.
- Purchase a slow cooker and learn how to use it. You can prepare the ingredients the

night before and store them in the fridge. In the morning, put the ingredients into the slow cooker and turn it on. And by making two or three times the amount that you need for one meal, you can freeze the leftovers and you will always have wholesome, homemade ready to eat foods available.

- Carry nuts, seeds and dried fruits with you to use for quick snacks, replacing sugary energy bars.
- Let yourself get hungry, rather than eating out of habit. If you turn into a cranky bear when you get hungry, then all the more reason to clean up your diet. Reread Health Goals #3

and #4. If your body is not able to maintain consistent blood sugar levels between meals, there is danger lurking.

- Begin to limit your consumption of bread products by putting sandwich filling in a wrap instead of between two pieces of bread or choose open face sandwiches (one slice of bread). When eating in a restaurant ask them not to bring buns and butter to the table. If you order a burger, take off the top bun and if necessary eat the open face burger with a knife and fork. Replace your morning bagel with thin crisp bread topped with almond butter.

- If you are used to drinking a soda pop and eating a chocolate bar mid afternoon to get you through to dinner, try drinking strong green tea and nibble on a hand full of Brazil nuts and raisins.

These are just a sampling of ideas to get you started on eating real food. And like all general suggestions, they may need to be modified based on your current state of health, especially if you have already been diagnosed with a disease.

But I think you get the idea that your body needs nutrient rich real food to keep itself in good repair.

Remember, if the food you are eating is not nutrient rich, your body can not work at its optimal state.

### **EXERCISE DAILY**

Our bodies were not designed to be sedentary. In fact many of our internal systems work more efficiently when we exercise.

Regular exercise will not only help you manage stress and sleep better, it will also give you more energy. We all know it takes energy to make energy. That is true whether you are producing electrical energy or personal energy. If this sounds counter-intuitive, try an experiment. Tomorrow morning

get up a little earlier than your normal time and walk briskly for 20 minutes. Don't worry about that voice in your head nattering away for the first couple of minutes. It will quiet down at about the 3 minute mark and another voice will take over that tells you that this is actually quite refreshing, and you will begin to feel alive, alert and ready to take on the day.

- Walking to work and taking the stairs are a good start, but to make real improvements in your health you need 20-30 minutes of aerobic exercise every day. If you are breaking a sweat with your daily exercise then you are well on

your way to achieving your health goals.

- Balance your daily aerobic activity with alternating days of weight lifting or other weight bearing exercise and yoga or some kind of stretching routine.
- Consider hiring a personal trainer to get you started, especially if you have been inactive for longer than 12 months. And don't forget to get the ok from your doctor before you start.

Remember, the best bang for your buck when it comes to maintaining good health is to get regular exercise and eat real

food. Once you get a handle on these two areas you will be well on your way to achieving your health goals without the use of pharmaceuticals.

Exercise, combined with health-enhancing foods give your body the tools it needs to keep itself in good repair so that every day you are able to do what you want to do.

## **HERBAL REMEDIES AND SUPPLEMENTS**

There is no shortage of information about herbal remedies and supplements on the market. It is big business and one must be careful to not get caught up in the daily hype

about some new product claiming to be the next best all natural cure.

So how do you know what products are best for you? How do you know what products will help you achieve your health goals?

You could start by educating yourself on the latest studies or read old time herbals to find out how natural medicine was used in the past. You can experiment with different products until you find something that works. And you can consult with a qualified wholistic health care practitioner who is trained in the proper use of herbal remedies and supplements.

Here are a few things that you should know about wholistic healthcare and herbal medicine.

- A guiding principal in wholistic health care is to 'build a little, cleanse a little.' This ensures that the proper balance of strengthening and detoxifying happens to gently return the body back to good health.
- Remember In-Do-Out<sup>6</sup>. You are what you take into your body; how you process what you take into your body; and what you don't eliminate. This is as true for herbal remedies as it is for pharmaceutical drugs. Herbs, like drugs, can have unexpected consequences in the body and

it is important that you understand why you are taking any remedy.

- Herbs are categorized into therapeutic groups, depending on the action they have in the body<sup>7</sup>. For instance: Stimulants temporarily boost energy; Adaptogens strengthen and tone the organs and body systems; Nervines strengthen and calm the nervous system; Sedatives are used as sleep aids; Alteratives have a tonifying affect on the blood system; Bitters stimulate digestive enzymes; Demulcents sooth irritated mucous membranes; Hepatics influence the liver. These are just a few examples to give

you an idea of the richness of herbal medicine.

- There are some really great, ready made herbal remedies on the market. Premade formulas in pill form are convenient and the formulas have been proven to work for the general population.
- Herbal remedies also come in the form of tea (dried herbs), tinctures (herbs are soaked in alcohol to extract the medicinal qualities), and powder (like tea, except the herbs are ingested along with the tea.)
- The advantage of teas, tinctures and powders is that

formulas can be customized for your particular situation.

- Customized formulas are easily fine-tuned to adjust to your body's changing needs as it heals.
- For every health issue, there are several different herbs that can address the problem. So if you've tried an herb for a specific problem, and it didn't seem to work, there are numerous other herbs that you can try.
- Not all herbal remedies are available on the open market in pill form. There are hundreds of herbs that have been utilized by generations of

healthy families that are not being sold on the open market because no one has taken the time yet to conduct double-blind studies to scientifically prove that they work. Contact your local herbalist to learn more.

- Wholistic health care understands that no one thing made you sick and no one thing will get you better. Be cautious of any advertising that claims a product to be a cure-all. In days gone by, these types of remedies were called 'snake oil', meaning exaggerated marketing tactics were used to sell ineffective products at a high price.



So there you have it ... 10 health goals you can achieve without pharmaceuticals and a whole lot of information to get you started. Good health comes from healthy living and it is much easier to prevent disease than it is to treat it.

But you have to start from where you are today. This paper does not address specific health issues; it simply gives you information to get you thinking about things you may not have thought about before.



So whether you are healthy, living with a chronic disease, or recently diagnosed with a disease, what you eat and how you live will always have an impact on your health.

Pharmaceutical drugs have their place and when used properly can get you through a crisis or manage chronic conditions, but know that there may be alternatives for your particular situation.

We have enough to worry about in today's world. If you are eating the right food, exercising and using natural remedies when required, your health will be one less thing to worry about.

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