

IS YOUR BODY OUT OF CONTROL?

You have heard it all; stay out of the sun because it will cause cancer, soy and canola oil are good oils, take a baby aspirin a day, don't eat butter, lo-carbs are the way to go, avoid eggs, etc., etc.

Who is right? What is the truth? The fact of the matter is that we have been bombarded by so much misinformation through the media that we now believe that milk is good for us, and that our kids should get started on drugs as early as grade school for what should be considered normal activity levels.

Nutritional stress is a reality in our current fast-paced, fast food society. Caffeine, sugar, fried foods and chemical additives could be a contributing factor in your poor overall health — lowering your resistance to disease and reducing your energy level.

The fact is that America is the richest country in the world and we spend nearly 50% of the gross national product on our health care. With this expenditure you would think we are the healthiest country in the world. However, according to the World Health Organization, we are ranked 24th in life expectancy amongst 191 W.H.O. nations and we are 37th in overall health performance. To top this off, our medical system kills approximately 190,000 people per year. This is more than cancer, heart disease and diabetes put together!

It is time to take control of your health and your life. First the facts; we are exchanging convenience for our health. Each time you take a bite of food, you have the opportunity to change your metabolism and ultimately your health. In America we are over fed, under nourished and toxic.

Some things to start with to improve your overall health are as follows:

- Avoid or limit sugar and fatty foods
- Drink lots of pure water (may consider filtered or purified water)
- Avoid the middle aisles in your grocery store. These aisles contain mainly processed foods. Stick to the outer, fresh food aisles
- Beware of "fat free" or "reduced fat" labels. Carefully read the labels for hidden additives or extra sodium.
- Consider the Mediterranean diet:

A one-year study of some 1514 men and 1528 women has shown that the Mediterranean diet (rich in fruit and vegetables, nuts and grains, and in olive oil, but low in meat and saturated fat) is associated with lower levels of various markers of inflammation. The diet also includes low fat milk and some poultry and fish. The Mediterranean diet was associated with average blood test scores that were 20% lower for many of the markers for inflammation in the body than that of the average American diet. This is some of the best evidence for the benefits of this dietary approach.

Daily, we are bombarded with new ideas on nutrition, diet and vitamins. It is overwhelming and oftentimes, confusing. You may need someone to help you wade through all the facts, theories and fads. Dr. Ross will assist you in bolstering your nutritional awareness, through comprehensive evaluations and advanced testing systems. Call today.