

## **Food & Our Health**

### **Willow Healing Arts Newsletter – April 2014**

Food and how it affects our physical body has been of interest to me since I was 18 years old. You see, that is how old I was the first time I had my cholesterol checked. It was over 260, extremely high for that age, and the ratio of good versus bad cholesterol was not pretty. Had I known more about food at the time, it wouldn't have been such a surprise. I was working at Arby's, and eating a beef and cheddar, curly fries and a shake at least three times a week.

Since then, and especially within the last five years, I have learned a lot more about food and the positive and negative affects it can have on our bodies. I suspect the Standard American Diet (SAD) and Genetically Modified Organisms (GMOs) as the root of many of our nation's health issues today, namely increased cancer rates, obesity, diabetes and high blood pressure. Basically, SAD is a diet composed of processed foods grown with pesticides, and made with sugar, gluten and GMO ingredients.

I began to believe that food, and our choices about food, are the main environmental factors in determining our state of health and well-being. So I started asking around to see what other people thought.

The first person I asked is a medical doctor and marathon runner, who is currently studying food in depth out of curiosity and for his own health. During training and long runs, he had eaten plenty of processed "junk" foods for the sake of calories. Yet despite his emphasis on exercise, and given his new insights on food, he thinks food plays a greater role than exercise in health and well-being.

The second person I asked, over 70, has a long history of digestive issues, bodily aches and pains, and regular periods of low energy. She had attributed most of these issues to "old age," figuring she would just "have to live with them." Yet when she changed her diet to avoid surgery on her digestive system, many of her daily aches and pains were reduced or went away all together, and her overall energy level improved. She was glowing as she told me about the "fountain of youth" she had found simply by eliminating gluten, GMO foods, and sugar from her diet.

Another friend and client, a long-time heavy coffee drinker, recently decided to cut back on his coffee intake to appease the universe. Since then, his skin tone and color have improved, he has lost weight, and his energy level has stabilized. He is making other healthy choices in his diet, and has started practicing yoga too. I am so proud of him!

Food is such a basic yet important part of our lives. We consume it more than anything else. True health and wellness begins today and every day with every bite we take. As friends and clients, I'd like you to be around for the long haul, so I hope you will take time to consider the food you eat and how it will affect your health both now and into the future. Old habits can prevent us from making positive changes for ourselves, but with intention and purpose, all things can be accomplished.

Jin Shin Jyutsu® can be utilized to change our patterns and relationships with food, and to balance our digestive system, which creates greater emotional and mental health too. Having someone to help educate and guide us toward better food choices can be a great help too. For more information about how Jin Shin Jyutsu can help you, or to connect with my friend and a great nutritionist, Ellen Kittredge, please get in touch soon.

May good health and wellness be yours always.