

## Prevention and Wellness

January... 2009, a brand new month and a brand new year. Let us hope and pray that the new year brings a change of good things to come throughout the entire year.

The cold and flu season is upon us and we need to protect ourselves. Fruits and vitamin C are your best bet for immune defense. One reason so many people don't get enough fruits and vegetables is all the time and work involved. There's shopping, driving and all the prep work - washing, peeling, coring, cutting, cooking - all that for the five servings that you need daily.

The easy and quick way is "take your vitamins." It's well known how important it is to get your daily fruits and vegetables. For these reasons:

- \*Turns back the clock on premature aging.
- \* Protects against heart disease.

- \*Promotes healthy-looking skin.

- \*Soothes the digestive system.

- \*Supports the nervous and immune system.

The cold and flu season brings on inflammation and pain. There are two ways to protect against or reduce damages these joint breakdowns entail.

- \*Eat nutritiously... this involves eating those fruits and vegetables to fight inflammation.

- \*Get exercise... this helps to reduce pain.

To help protect against illness, you must reduce inflammation and pain. You

will feel better when your joints are less inflamed. Also, healthier joints will

sleep.

The natural way to reduce pain and inflammation is to use (1) willow bark... a pain remedy, and (2) witch hazel... to help reduce inflammation.

Our bodies become less flexible with age and it takes longer to overcome illnesses. As part of the aging process, we lose many cells every day (the majority from areas of our bodies that sustain the greatest wear and tear. From our fingers and knees, to our hips and lower backs, we use these parts to do everything).

Perilla seed oil and evening primrose oil will help balance back cells to

anti-inflammatory order before pain and inflammation can begin.

Can we stop the cold and flu season? No, but we can help with prevention and wellness to our bodies before the season begins. Remember that little vitamin E pill! Fifty years of research shows it really is important for your bodies health. It helps in so many ways:

- \*Keeps your heart strong
- \*Maintains youthful skin
- \*Maintains brain health
- \*Restores hormone balance
- \*Supports healthy immune system

Enjoy the new year without weight gain. There are simple steps that you can take to keep wellness and weight in check.

- \*Plan ahead - Don't go to the store or anywhere that food is available when you are hungry. Don't plan on starting a diet January 1st.

- \*Control - Prepare one plate of food. Keep the portions small. Eat slowly.

Take time to be Health Conscious



by B J Armstrong

- \*Exercise - That dreaded word again... exercise. Try to get in 30 minutes most days. Regardless... make sure you stay active.

- \*Supplements - Make it a point to take your vitamins. This new year, with some planning and determination, you can have your cake and eat it too. Happy New Year!

*1 Corinthians 6:19 What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?*



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