

**Health and Wellness:**  
**A Smorgasbord on Improving Your Physical Condition and Well Being**

**By Laura Jimenez, M.S.W.**

There are so many things to know in order to stay healthy. Although there are never any guaranties, learning as much as possible about ways to make improvements in various aspects of our lives is instrumental. One of the goals of this column is to guide the reader to make as many positive steps in the right direction for optimal health. Toward that goal, consider each of the points in the following smorgasbord of information:

1) White sugar and white flour are produced by using chlorine. Chlorine is a toxic chemical. Foods containing white sugar and white flour should be avoided or at least minimized.

2) Meat glue, used in meats as well as chicken, fish products such as fish balls, imitation crab meat, lamb, pork/ham and processed meats is not only unethical but potentially dangerous. However, they are legally sold in the United States. Avoid meat glue in meat by buying organic grass fed which reduces contamination and improves nutrient content.

3) Processed meats (e.g., bacon, ham, hamburgers, hot dogs, pastrami, pepperoni, salami, some sausages and more) are loaded with nitrates that should be rarely, if ever, be consumed.

4) Eat coldwater fish (e.g., salmon, mackerel and herring) as your primary protein source. Also, just to ensure enough daily omega-3 consumption, take a fish oil capsule.

5) Spices such as curcumin and turmeric may prevent many illnesses such as Alzheimer's disease, cancer, atherosclerosis and chronic inflammatory disorders. Go online for recipes.

6) If your physician is not taking lab tests to monitor hormone levels, cardiac risk factors, inflammation, vitamins, minerals and several other levels, find one who does.

7) To live a nice, long, healthy life, there are only seven things that should be avoided: cardiovascular disease, cancer, autoimmune disease, infectious diseases, trauma, injuries and frailty. Preventive medicine connects the dots. The importance of finding a prevention-based and nutritionally-informed doctor cannot be underemphasized. Find safe ways to remedy, restore and hopefully even prevent health ailments by locating a doctor who understands the importance of using the tools nature has already provided.

9) When our children are old enough (high school for some), two of the best things to teach them is to: (a) take responsibility for their own health by investigating and understanding; and (b) copy nature.

Highly recommended reading: Breakthrough: Eight Steps to Wellness – Life-Altering Secrets from Today's Cutting-Edge Doctors by Suzanne Somers.

Here are some links to continue reading more on this topic:

- I. <http://www.suzannesomers.com/community/>
- II. <http://www.drlwilson.com/Articles/SUGAR.HTM>
- III. <http://www.mayoclinic.com/health/heart-healthy-diet/NU00196>
- IV. <http://articles.mercola.com/sites/articles/archive/2011/05/04/has-your-meat-been-glued-together--why-you-need-to-know-and-avoid-this-dangerous-process.aspx>
- V. <http://www.thepowerhour.com/curcumin.htm>

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Disclaimer for this article and all others written by Laura Jimenez, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by helping others to make informed decisions about health issues. It is not intended as a substitute for any treatment that has been doctor prescribed. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion.