

# THE JOURNEY THAT NEVER ENDS... YOUR HEALTH

When clients come in for nutritional counseling, one of the comments I hear most often is that if "I could just lose this extra weight, I'd be healthy again." Although this is a very important step in our "journey", it is most certainly not the only step. Let's look at some sobering statistics that remind us that being overweight or obese is not the only problem we have here in the U.S. Nearly 70 percent of adults in the U.S. take at least one prescription drug for a chronic or other medical condition. At the top of the list are antibiotics, antidepressants and narcotic painkillers. Although one in 5 deaths is linked to obesity, diabetes has increased over 300 percent in the past 15 years. This translates to the sad fact that almost one-third of Americans have either pre-diabetes or diabetes, which predisposes them to a whole host of other serious and chronic diseases. More than half a million Americans also die from Alzheimer's disease every year, making it the third leading cause of death in the U.S., directly behind heart disease and cancer. The scariest fact is that all of these conditions have been linked to poor lifestyle choices, the Standard American Diet (S.A.D.) and lack of physical movement. Contrary to what we see on T.V. drug advertisements, our bodies are by nature designed to heal and repair themselves and to prevent the onset of disease through built-in feedback systems. However, in order for our bodies to function properly, they need to be supported and properly nourished. Drugs do not support nor nourish our bodies innate healing capabilities.

So, how do we get started on this fantastic journey? By the way, it is never too late to get started because whatever changes we make will help to extend or improve our health and our lives in some way. Basically, just put one foot on the path and see where it leads you...

\* **Clean up your diet.** This is the best place to start and the easiest. Replace soda with water, tea or black organic coffee. Decrease sugar in your diet. Eat only high-quality, lean, organic animal protein. Increase the variety and amounts of healthy fats.

\* **Get 7-8 hours of deep, restorative sleep.** If you cannot, try looking at your sleep hygiene. Things like television, phones, laptops, night lights can all interfere with restful sleep. If you've done that and still can't sleep, there are many natural sleep aids that will work. Oftentimes, the adrenal glands may be the culprit.

\* **Mind your Oral health.** Taking care of your teeth and gums is important as the mouth is where dangerous bacteria and viruses can attack the body.

\* **Sit less, walk more and improve your flexibility.** This is key for all ages for improving healthy body composition.

\* **Get your Vitamin D levels checked.** When I order labs for my clients, approximately 8 out of 10 results come back dangerously low. Vitamin D is important for brain, gut, immune system and hormonal system health.

\* **Make stress reduction a daily priority.** I know, it's easier said than done! Try to keep toxic, stressful people at arm's length and ask for help if you need it. Meditate, do yoga, go for a walk or listen to beautiful music.

\* **Help others and be active in your community.** We all have something to contribute because we all have special gifts inside that we may not even recognize.

\* **Take care of your gut microbiome.** The bacteria in your gut is one of the primary factors that drives your gene expression, turning genes on and off depending on which microbes are present. Many health conditions and chronic disease have been linked to the gut microbiome, including depression, obesity, type 1 and 2 diabetes, Crohn's disease, autism, allergies and brain dysfunction (Alzheimer's). There are 1000 different species of bacteria (100 trillion) living in your body, outnumbering your cells by 10 to 1!

\* **Discover Gratitude.** Gratitude is an affirmation of goodness, an understanding that goodness comes from outside of yourself. I know that this can be difficult in today's world. Studies show that gratitude can produce positive effects on a number of different body systems such as the brain, reproductive system, HPA axis (hypothalamus, pituitary, adrenal) that helps us cope with stress and the circulatory system. Lastly, be thankful for what you have and who you have in your life. This makes us better able to cope with stress, have less anxiety, sleep better and have better heart health.



**IMPROVE YOUR HEALTH...  
IMPROVE YOUR LIFE!**

↓ Body Fat	↓ Metabolic Syndrome
↓ Diabetes	↓ Gluten Allergies
↓ Cholesterol	↓ Chronic Fatigue
↓ Hormonal Imbalances	↓ Gut Imbalances

Longevity is not a gift, it has to be earned. Discover a medication-free approach to better health, better energy and longevity. **ARE YOU READY?**

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