

## **Holistic Lifestyle: Titania**

'*Food glorious food...*' the song from the 1968 musical '*Oliver!*' goes. We all have our vices.

2019: I felt down in the dumps for a day-and-a-half after a popular soft drink. 2010: Another popular brand; very nauseous. 2019 marked last time I ate fast food. Down for most of an anticipated relaxing weekend, catching up on reading, writing, watching nice movies and natural documentaries.

Alas...Sunday afternoon before the debilitating funk passed. Very depressed at my wasted weekend, I had to meditate it away. *More?* No thanks.

Go organic, bio-dynamic or as fresh as possible. Most supermarket food from packets, tins, bottles, jars, soft drink or fast food is dead. We need live foods; vegetables, fruits wholefoods and pre/pro biotics for vibrant health. Artificial sweeteners, despite research is carcinogenic. One can of diet soda wrecks your natural microbiome. Two years to replenish. Not worth it! Sugar is also nefarious. 'Sweet poison' David Gillespie calls it in his book of the same name. 'Get Control of Sugar Now' by Paul McKenna; also fantastic. Healthy natural sugar alternatives include monk fruit sugar, stevia and birch xylitol.

Your microwave isn't doing favours. Its energy is out of tandem with the energy of the human body. Very unhealthy. Most microwave dinners are processed, dead food. Ditch wheat and dairy; no good either. Get some life into you, beautiful! I am a foodie and I promise, delicious healthy food is within your grasp. Put love into your cooking. An essential ingredient.

What we ingest into our bodies, hearts, minds, and spirits matter a great deal, going hand-in hand. Detox your home of chemicals and toxic body products. Inexpensive natural cleaners are available at supermarkets. Health shops sell inexpensive natural face creams, make-up, cleaners and body products. Your skin absorbs whatever you put onto it. Heartbreaking: Most people know someone who has cancer or has died from it. Tragically, I knew four, two family members, who left children behind and of many others who died.

Be cautious going on a detox. Too fast can be dangerous. Consult a doctor or naturopath if new to detoxification. Take it slow.

Detoxify the mind from frightening, depressing nightly news; constant doom and gloom, toxic gossip magazines designed to depress in less than three minutes of reading. Learn meditation, yoga, qi-gong and tai chi.

It's more than what enters our mouths that enters us for vibrant health and longevity.