

"Before you'll change, something important must be at risk"

- Richard Bach

How true is this? People are often afraid to change until there's a really good reason to do so. This seems to be especially so when it comes to our health. We plod on with the status quo until we're forced to make a change. It can be a change in our diet, our doctor, our job, our friends or really anything. It's so easy to get stuck in a rut. You get sick you go to the doctor. The doctor gives you a prescription that you may or may not need because that's what he or she is trained to do. It's all part of treating the SYMPTOM rather than the CAUSE of what's making us sick. We end up getting caught up in what can be called "The Great Health Heist" and I decided it was important enough to tell you about it. This past month, I was reminded that when western medicine doesn't work, you have to look outside the typical medical box to get yourself well. If you have questions or need help, be sure to contact me.

Yours in health,



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The Great Health Heist



There's a great health heist going on in our country right now. What this means is that traditional medicine, with its flippant way of handing out prescriptions without knowing what's wrong with us, treats the symptoms rather than the cause of illness. It's taken away our health and it's up to us to get it back. This isn't to say that there isn't a time and a place for traditional medicine. But I'm going to tell you a little about what I think is the real reason for our current health crisis and how to take back your health.

Let me start by asking you all a simple question. How did you feel when you woke up this morning? Think about it. How did you REALLY feel? Would it be such a bad thing to admit you didn't feel good? Why do we hate to admit how we really feel? Is it because we're in denial about our own poor health or is it because we're just afraid to admit that we don't feel good?

Despite record sales of vitamins and other supplements, our overall health continues to decline. Chronic diseases such as obesity, heart disease and diabetes are increasing. Health-related problems from just obesity cost taxpayers \$60-\$75 billion annually. It boils down to personal responsibility to know what's best for us. Dr. Francis M. Pottenger, Jr., a doctor who researched cures for tuberculosis, pioneered the use of adrenal extracts and nutrition in the treatment of fatigue. During his research, he made a startling discovery: while feeding his experimental subjects (cats) processed food, serious health conditions occurred. Within 3 generations, the cats were so arthritic they were unable to walk to the front of their cages to feed themselves. Today, the leading cause of disability in our country is arthritis. Coincidence? I don't think so. Almost everyone eats processed

foods. The scary part of his findings seems to suggest that eating nutritionally bankrupt food can alter our genetics, which can be passed on to future generations. So eating a diet heavy in processed foods not only puts your own health at risk, but that of your children and grandchildren! I don't know about you, but I've certainly never seen this information or heard about Dr. Pottenger in the news.

One of the most important people in the study of nutrition and health you've probably never heard of was Dr. Royal Lee, the founder of the Standard Process Company. This company has been around since 1929 and specializes in concentrating whole foods into supplements. When concentrated correctly, supplements can supply a large amount of food's components. According to their website, the principle behind nutritional supplementation is given proper nutrition, the human body has an amazing ability to keep itself healthy and repair itself. Dr. Lee spent many years and much of his wealth trying to defend his position that we can't give drugs to people to treat a condition brought on by starvation. The federal government spent years trying to put him out of business and was able to suppress literature that would have informed the public about many of his findings.

We eat a lot of food, but we are actually starving ourselves because the foods we eat aren't providing our bodies with the nutrition they need to be healthy. Over the last several decades, the nutritional value of even healthy foods has plummeted, mostly due to nutrients that have been depleted from the soil for a variety of reasons. So years ago, eating one apple supplied the same vitamins and nutrients as eating three to four apples today. No wonder we're so unhealthy.

Then there's sugar. Refined sugar saps the body of precious minerals. Studies show that cancer cells can't survive without a good supply of sugar. So if we cut sugar out of our diets, we could essentially starve cancer cells to death. You'll never hear that in the mainstream media. Nor will you hear that completely changing your diet and focusing on raw foods can help your body kill many types of cancers.

So where am I going with all of this? I want people to take responsibility for their own health. We can't just rely on medical doctors and our broken healthcare system to keep us healthy. Got an allergy? Take Allegra. Got a headache? Pop a Tylenol or Advil. In pain? Vicodin will help.

Here's just one of the problems with that mindset: Properly prescribed drugs are the 4th-leading cause of death in the United States. The FDA has only about 65 trained professionals with advanced degrees monitoring thousands of drugs and hundreds of drug companies. The answer to how we get well isn't popping a pill for what ails us. The answer is getting to the CAUSE of what's wrong with us and treating that. How? There's a technology to handle most health problems safely, naturally and effectively and comes without the risks and side effects of drugs. It's called Nutrition Response Testing.

To fully explain this concept, I'd need a lot more of your time than I should take here. But I believe it's one of the key tools for evaluating how our bodies can heal themselves. Nutrition Response Testing combines the knowledge of the autonomic nervous system, the body's system that controls all our vital functions, with breakthroughs in applied kinesiology, more commonly known as muscle testing. This process is sort of like gravity and God. It operates and works whether we believe in it or not. So essentially, your body knows what's wrong with it and can tell you what it is. You just have to find a specialist who knows how to listen to it.

I'm living proof that Nutrition Response Testing works. Several years ago when I was very sick, I wanted take back the health that had been stolen from me. I didn't get sick overnight, so I knew getting well wouldn't be instantaneous. But it was time I was willing to invest and it was worth it. I took a giant step on my own path to wellness and stopped the Great Health Heist in my family's life by finding a doctor who specialized in Nutrition Response Testing. It changed our lives for the better. I hope you'll take a look in the mirror, be honest with yourself and ask yourself the following question: Has my health been stolen and do I want it back? If your answer is yes, I can give you some resources to help you do it.

Have a wonderful month.