

WHY NUTRITION IS THE ANSWER

BY LALAI SAEBI



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INTRODUCTION

You are reading this e-book because a) you are a health-conscious person and your vitality is one of your priorities in life, b) because you may feel lost about the constant changing of views surrounding foods and diets, or c) you might, on the other hand, be doubtful about the power of nutrition and the degree to which it can improve your health and prevent and reverse disease when compared to mainstream conventional interventions.

In this compact e-book, I've set out to respond to these three kinds of readers using today's world health stats and by referencing nutritional science and research.

But first, let me tell you a little bit about myself.

Flashing back to 13 years ago, it feels like another lifetime. I was younger, but I had a wide range of health problems. I faced everything from being overweight and feeling lethargic, to suffering from arthritis, anemia, migraines and digestive problems, among others. It felt like I was at the end of my youth, and like I was being undeservedly punished for my relatively young age. So, I started my journey in holistic nutrition and since then have been fortunate to have improved my own health and life, as well as the lives of those close to me. Now I do it for anyone who comes to see me for a wide range of ailments and love what I do.

Preface

We don't come with instructions

Every appliance that you purchase comes with an instruction manual that tells you how you should use and take care of your investment. You are often told that your satisfaction is guaranteed if you follow the instructions. Otherwise, the appliance will break down.

In the same line of thinking, we should have some kind of manual for the human body, being as it is arguably the most precious apparatus there is.

In our case, the entity that 'manufactures' us is nature. Nature abundantly offers us air, water, food, and everything else it requires to expand and support life. Thus, everything we need to live well is already readily available to us if we look to nature.

Natural health solutions to human problems have always existed since the beginning of mankind. Even animals like bears, deer, elk, and even apes instinctively seek plants to heal themselves when sick.

Humans have always turned to special plants or other natural healing modalities like fasting or human touch. Traditional forms of medicine natural health care have been in use for thousands of years with proven methods passed down through generations.

On the other hand, modern medicine often causes secondary complications and severe side effects. The common perception is that it is scientifically backed and more reliable than other forms of healthcare, but the truth is that treatments in use today are not always fully backed by scientific data.

What that means for both patients and physicians is that in those cases, we really don't know what the outcome and effects will be as they are often experimental. Drugs once thought to be safe are often taken off the market for causing severe side effects and even fatalities (e.g. the Thalidomide fiasco, Phen-fen, and many prescription drugs responsible for more than 100,000 deaths a year in the US). That being said, sometimes there really can be helpful medical interventions in emergency situations.

In this first chapter, we'll discuss these differences a little more and how they apply to you and me.

Chapter One

Nutrition and Science

Where Nutrition and Science Meet

There is a false belief about natural practices that since they were first tested in the laboratory of human experience back in old ages, therefore they're not scientific, while many of these practices such as Traditional Chinese Medicine, Ayurveda, etc., are now becoming scientifically documented, attracting millions of followers and advocates all over the world.

Furthermore, with the development of modern technology it has become possible to determine the pharmacology and mechanisms of actions of many therapeutic herbs.

Not to forget that many of the diagnostic conventional tests, and functional medicine testing such as intestinal bacterial overgrowth, food sensitivity, and heavy metal toxicity screening are used today by natural practitioners, as a result of incorporating science and natural practices.

Today we know that a relationship between a specific nutrient and diseases became possible only with modern methods of research. The discovery and development of vitamin and mineral supplements was the product of modern science and technology since the early 20th century.

In short, science has offered many benefits to those seeking natural alternative health care.

Modern Medicine

For every disease you name, there is a country where it virtually does not occur. For example, the risk of breast cancer for a woman in China is 1 in 5,000, and the risk of prostate cancer for a Chinese man is 1 in 59,000. The risk of Alzheimer's disease in America is four times greater compared to that of Africa.

This could have two logical explanations: either people in those countries are genetically different, or they are doing something different.

However, I'd argue that it has less to do with their genes, and way more to do with their doing different things. Why? Because Chinese people who have lived in the West and adopted Western diets and lifestyle have significantly increased their risk of breast and prostate cancer. Moreover, researchers studying 44,788 pairs of identical twins concluded that environment--how you live and what you eat-- was the overwhelming contributor to the development of cancer.

Similarly, only 1% of cases of Alzheimer's disease are caused by genes. Therefore, your odds of getting Alzheimer's disease are not due to your genes, but likely due rather to your diet and lifestyle.

The good news is that although we can inherit genes that weaken our biology in fighting disease, genes alone don't cause disease. They do, however, increase our odds to get sick when combined with the wrong diet and lifestyle.

Plus, there are many important breakthrough studies to consider, which have found that common genetic deficiencies can be changed with vitamin supplementing in one's diet.

In other words, there is good chance that you can eliminate the genetic risk for a given disease with the right diet and supplementation.

On the other hand, it's evident that so far relying on doctors or leaving a big budget for health care in the U.S. has not been very successful in bringing about the best results.

We're also witnessing that the emergence of chronic diseases in the 21st century is more prevalent in affluent countries, and not in the poorest countries of the world. According to the World Health Organization, for example, being overweight has been a greater health problem in the world than being undernourished.

All this to say, it's not about your genes, your status, or access to modern medicine-- which is good news-- because it means your health is largely all in your own control. Even if the food, drug, and medical industries all profit from how you live the way you do now, we don't exactly help ourselves, either—we, Americans, love our fast food chains, iced coffees, alcohol, and all the other ways we make our lives 'easy.'

Yet, when we get sick from those consumption choices, we simply hope there's a pill out there that will fix it. That is the illusion that modern medicine has created for us!

But the truth is that if you keep eating the average American diet, there is a 50% chance of developing a preventable disease, living the last two decades of your life in pain, and dying prematurely.

That is unless you eat, live, and think differently to promote your health and well-being.

Chronic and Acute Diseases

One of the biggest mistakes people make when they choose modern medicine over natural medicine is not taking into account that different approaches are required to treat chronic versus acute diseases.

Examples of chronic diseases include:

- dementia
- heart disease
- auto-immune disease
- diabetes
- cancer
- neurological problems
- depression
- attention deficit disorders
- allergies
- reflux
- irritable bowel movement
- thyroid disorders
- hormonal menstrual problems

These conditions affect half of all Americans. More than 80% of our annual spending on health care in 2016 went towards ongoing treatment of chronic lifestyle diseases, that are preventable and reversible through good nutrition.

Chronic diseases develop gradually and last longer. They also limit one's daily activities. Usually, they start showing symptoms well before they get serious.

These symptoms, although negative, can ironically be life-saving in some ways, because they tell us something is not functioning right in the body. At that point, the problem can still be corrected by adopting a nutritious diet, replenishing the deficiencies, and exercising.

Food is the most powerful drug on the planet. It can improve the expression of genes, balance hormones, reduce inflammation, optimize gut flora, and more. It can cure most chronic diseases faster, cheaper, and better than drugs, with the positive side effects of prevention, reversal, and treatment of diseases.

Nutrition therapy addresses the root causes of chronic diseases instead of labeling symptoms as diseases and covering them with drugs ongoingly,

Natural medicine has thousands of years of use as proof of its value and effectiveness in treating chronic diseases without creating side effects.

Acute Disease

Acute diseases, on the other hand, occur rapidly and are accompanied by distinct, sudden symptoms that require urgent or short-term care of modern medicine. These come about as a result of things like injuries or accidents. Other examples of acute disease include appendicitis, strep throat, asthma attacks, and pneumonia.

Ownership Over One's Health

A common complaint about modern medicine is that the doctor-patient relationship is removed from the equation; patients have little time with their doctors at medical visits. They rarely get a chance to ask questions about their eating habits, emotional well-being, and other habits that might lead to a decline in health. A recent study revealed that only 23% of patients are able to finish explaining their illness and their concerns before the physician takes over the conversation.

Physicians often rely on lab tests, medical machinery, and procedures to make diagnoses and prescribe medications and/or recommend procedures. Patients often feel like passive recipients that have little or no say in their treatment.

In contrast, natural health consultations routinely last an hour or more. Natural practitioners such as myself are interested in the patient's dietary habits, emotional state, and lifestyle patterns that might negatively influence their health. A patient and the practitioner might fill out a detailed questionnaire together for a better assessment. The patient's input of their own conditions is also heard and cared for by the practitioner.

From that point on, the patient gains a sense of responsibility for incorporating the recommended changes to their lifestyle. Natural medicine considers the active involvement of patients in their health plan as a keystone of wellness.

Unfortunately, somehow the illusion of living longer overshadows all other aspects of living. The fact that people can live longer doesn't necessarily mean that modern medicine has extended vitality. In fact, most older people are not enjoying their last years.

Similarly, victims of accident injuries or other health problems are often kept alive in comas for years and years and sometimes for more than a decade-- with no hopeful prospect.

Make the choice today to live a long, healthy, natural life without a long, miserable ending. Do this through participating in having a say about your health plan and committing to a healthy lifestyle that you take ownership in improving and maintaining.

Chapter

Two

The Physician Within

Natural Healthcare and the Physician Within

The philosophy of natural healthcare focuses on the fact that the body has an innate self-healing power. This power aids in many healing processes such as:

- healing wounds and broken bones
- increasing body temperature when germs are present to create a condition in which the germs can't survive
- helping the body's immune system to mobilize against invaders
- allowing the the liver to filter out harmful toxins to protect the body from damage

and so many more functions. Simply said, each patient has his/her own reliable and responsive physician within because of intelligent biological systems in place. This is in contrast to the suppressing of symptoms with chemical drugs or removal of organs through surgeries-- which underestimate the body's natural healing process.

Of course, there are a few critical situations that do require modern medicine to save a life. Yet, most of the lifestyle-related diseases should first be the subject of natural healthcare and nutritional treatments. This includes a) cleansing the body of toxic matter, b) proper eating, and c) recharging the immune system with supplementation in order to bring about complete healing.

We've been told all our lives that symptoms like headaches, stomach problems, aches and pains, and even cancer are diseases.

Natural healthcare approaches regard symptoms rather as bodily indications that trouble lies ahead. They signal to us to remove the cause. All you need to do is:

1. give your body the raw material it needs to repair the damage and reverse the course of disruption through a well-rounded nutritional approach and
2. give support to the immune system to function optimally through supplementing.

Surprisingly, even nervous system dysfunctions like emotional imbalances and poor mental performances are most often not psychological issues but rather physical symptoms of your body's deficiencies.

Your Body is a Silent Genius

The amazing human body is far more than a system of organs. It is continuously regenerating itself. For example, your skin is all-new every 21 days, and your digestive tract's inner skin renews every four days; your bones can also rebuild themselves in six weeks if they're broken, and this doesn't even begin to scratch the surface of how capable your body is of self-repair.

Not only is the human body constantly rejuvenating itself, there are also biochemical reactions taking place that turn food into energy, produce hormones, neurotransmitters, and other communication molecules. At the same time, all of these functions depend entirely on the quality of nutrients, water, and oxygen we consume.

That is where conventional medicine falls short. A patient's status on a nutritional level is often not addressed in treatment plans. The patient's bio-individuality is also usually not taken into account. Hence, we have magic pills for everyone with similar problems despite different lifestyles, diets, emotions, thoughts and stress levels.

In short, your body already knows how to heal-- provided that you feed it with the nutritious foods that their absence created in the first place. We need to give our miraculous bodies more credit.

Resilience: Checks and Balances

The amount of resilience in the body is equivalent to the amount deposited in your 'health account'. The natural approach to health considers the body as a whole system that starts out in life with an outstanding health balance.

Thereafter and throughout your lifetime, a number of criteria-- such as sugar intake, quantity of processed foods you eat, overeating, alcohol consumption, smoking, drug abuse, lack of exercise, lack of sleep, unmanaged stress, and so on-- gradually decrease your resilience deposit down to zero, where your health tips into a new state, called the diseased state.

Before then, your body had tried to communicate with you through symptoms, warning you that you were going down a bad path and that you needed to do something about it. Yet until that moment, you hadn't paid it much attention or taken it seriously enough to stop and change the patterns that lead to disease. That's the point you seek out treatment and go to a doctor, and you know the rest of the story.

Understanding the mind-body relationship

The interaction between the mind and body was first presented by the philosopher René Descartes in the 17th century. Since then, it has become the subject of much research due to its importance in the expansion in the field of human health and wellness.

Much later in 1989, in his book, *The Biology of Hope and the Healing power of the Human Spirit*, Norman Cousins recounted the positive effects of hope on recovery from an illness in detail. To the same token, negative emotions can have devastating effects on disease, as well.

For example, as we know, fear from stressful and frightening threats is one of the human primal fears, and unfortunately, this is the kind of lens through which patients see diseases like cancer.

Research published in the journal, *Genetics and Cytogenetics* (2009) found that the stress of a cancer diagnosis afflicted on a patient causes the release of multiple hormones that leads to the poor response of tumors to chemotherapy. Another study conducted jointly in Malaysia and Boston (2018) found that one-fifth of recently diagnosed cancer patients develop post-traumatic stress disorder (PTSD), which in one in three patients continues for four years.

Additionally, according to nationwide health registries in Sweden, it was found that cancer patients were five to six times more likely to die from heart-related causes such as heart attack due to the heartbreak and devastation in the days after receiving a cancer diagnosis. Yet the doctors continue the same old harmful method of presenting the diagnosis while disconnecting from their patients on an emotional level.

The divination of doctors and their opinions as the last word has the power to bring about the patient's demise, as well. The careless, harmful dynamics of diagnostic rituals in modern medicine is ongoingly hurting individuals, through ignoring the mind-body relationship.

On the other hand, looking from a nutritional angle, the solution could be in reframing the presence of cancer in a new light. Obviously, the body is seeking a condition in which it can survive. Therefore, in order to reverse any illness, we must figure out what the body is demanding through symptoms it is expressing, plus take care of the psychological conflicts and fears that may possibly be the basis of the disease. After doing this, it is very likely that a holistic approach eventually lead to spontaneous healing.

The body's survival response

You might have heard that if you have a healthy body, you don't get sick. Healthy bodies resist viruses and other pathogens in simple and profound ways. Well-known biologist, Professor Rene Dubos once stated that germs normally won't attack healthy tissue because they can't become viable and grow; and that to get sick, some degrees of internal pollution must have already been present, to begin with. Germs, according to Dubos, become active in a toxic body and the manifestation of their activity is termed "disease."

The disease's symptoms that we start to notice are the visible evidence that our body is attempting a clean-out, the very same symptoms that a doctor ironically attempts to cover up with drugs. The body clean-out eliminates the germs or the threat via saliva, nasal discharge, vomiting, skin rashes, fever, and diarrhea.

When you don't have a healthy body and are under attack by external stimuli, the body shifts to a survival response. In survival mode, your body doesn't care if you are hurting or uncomfortable as a result of its actions, since the goal is only your immediate survival now-- not tomorrow, next week, or next year. Even some diseases like heart disease, osteoporosis, cancer, arthritis, diabetes, flu, vomiting, and others are the body's response to survival situations and can be traced to deficiencies in vitamins and minerals, or to the assault of toxins to your body.

For instance, calcium is a vital element for numerous bodily functions. So if calcium levels in your blood are low, your blood starts to take the needed calcium from your bones, ignoring the damage to bone quality.

Therefore, if you don't like your body's undesired effects in response to a survival situation, you should avoid putting it in that situation. Start shifting your body's survival response to regular maintenance mode by taking care of the problems one at a time.

Eventually your body will start doing its regular duties. This can already be achieved by eating a balanced diet and by exercising. You should also start practicing incorporating positive emotions like love, gratitude, and hope into your lifestyle.

Chapter Three

Diet & Exercise

Exercise, Exercise

When it comes to exercise, everybody knows how well it benefits the body, but not everyone knows how it helps prevent premature aging through muscle building, especially after age 60. According to a study, the average American woman loses 8 pounds of muscles and gains 23 pounds of fat between 20 to 40 years of ages, and the average American man between 20 and 80 years of ages loses a quarter of his total body mass. This is massive-- and significant to the body's immunity.

Weight or resistance training (push-ups, squats, bicycle crunches, planks, resistance band, etc.) not only strengthens the joints and increases the density of bones and muscle mass, it prevents Insulin insensitivity, improves endurance, and promotes the release of the Human Growth Hormone (HGH). The HGH production rate in the body reduces by half by the age of 60. To oppose this process, we need to restrict our consumption of carbohydrates, alcohol, and caffeine, plus get plenty of deep sleep, and of course, exercise.

Weight training has been proven to have the most profound effects on the release of HGH, known as the youth hormone. As we lift weights and practice resistance training, our muscles develop microscopic tears that call for HGH to repair them. The HGH will also stimulate the growth of new muscle fibers. Consequently, this new muscle mass causes more fat-burning. In order to maximize the HGH release, you should work out on an empty stomach, and definitely stay away from simple carbohydrates (glucose, fructose, grapes, dates, bananas, corn, honey and milk products) right before. Make sure to also drink lots of water throughout your workout to prevent dehydration. And lastly, taking needed vitamin and mineral supplements to support your newly active body is essential.

However, the benefits of moderate exercise such as a short, brisk walk around the block should not be underestimated, either. They are vast and include strengthening the heart and lungs, helping to reduce blood pressure, cholesterol, and stress; the benefits even include helping to prevent cancer, eliminating unwanted fat, and protecting against diseases.

Any routine exercise or intentional activity you undertake will not only have anti-stress effects on your whole system, but will also signal your body that you are up to the task and able-- just like when you were younger-- and so your body will act on it.

Remember our life consists of a limited amount of time and energy, so extend both to the maximum by maintaining the right diet, lifestyle, and exercise.

The Lymphatic System and Exercise

The lymphatic system, primarily consists of lymph, lymphatic vessels, and the lymphoid tissue organ. Essentially, the function of this system is to return the extra fluid and protein in between tissues and organs to the blood circulation through the lymphatic vessels. It also aids in the absorption of fat and fat-soluble vitamins from the digestive system and transports them to the veins.

But the most well-known function of the lymphatic system is its defense against invading microorganisms and diseases. Lymph nodes and other lymphatic organs filter the lymph to remove and drain microorganisms and also other foreign particles that may cause allergic reactions.

Unfortunately, the lymphatic system doesn't have a pump to push the lymph through its vessels the way the heart does in the cardiovascular system. Thus, lymphatic fluid and waste need to move along the lymph vessels and drain through pressure coming from muscle movement, respiratory movement, and the contraction of the vessel walls. All of which is obliged by physical activity and exercise, otherwise it results in edema, blood pressure disorders, a disrupted defense against pathological viruses, bacteria, and cancer.

Exercise helps the lymphatic system to function, just like the heart helps blood circulation to happen. Therefore, it is imperative to get outside, run, jog, walk, dance, or go to the gym in order to stay disease-free. It is not a matter of body building or aesthetics--your health, well-being, and life all depend on it.

Digestive Health

Digestive health is essential to our level of energy, longevity, and the state of our body and mind. The wrong diet with low nutrients can result in faulty digestion, faulty absorption, bloating and inflammation, gut infection, and poor elimination. Yet it doesn't end there: it can disrupt other body systems, immunity, the brain and nervous system, hormonal balance, and our body's ability to detoxify. Therefore, it is wise not to mess with digestion since sooner or later, it shows the consequences.

Literally every molecule in our body comes from what we eat, digest, and absorb. Everything we put into our mouths has to be broken down with special enzymes and digestive juices produced by the stomach, liver, gall bladder, pancreas, and small intestine along the way. It is hard to believe that every single day each one of us secretes about 10 liters of digestive juices, which reabsorb daily in the body after their task is done, and replace themselves every four days. That's why you need to drink at least half a gallon of water, plus fruits and vegetables every day to make enough digestive juices.

People who don't consider drinking more water because they don't feel thirsty or believe that they are digesting their food just fine, are absolutely hurting their body. That's because when dehydrated, the body takes the needed water away from bones and muscles, causing aches and pains, which is heavily taxing on the body.

We tend to take the digestion process for granted, but how efficiently we digest the food makes all the difference in our vitality. Our digestive system turns the food we eat daily into fuel for the body's cells. To do so, it uses up a huge amount of energy breaking down, transforming, and delivering the absorbable product to our cells. That's why some days we are more energetic than others based on what we eat.

Tune in to your body to find out what eating habits are leaving you either lethargic or energetic. Becoming more in tune in with your body's response guides you to digestive health and overall well-being.

Eat Organic

According to the NCI (National Cancer Institute, UK), approximately 39.5% of men and women are diagnosed with cancer at some point during their lifetimes (based on 2015-2017 data). This number was down to around 1 in 500 in 1900. Why?

As we know, organic whole foods have formed the basis of human diet through the ages. Only in the twentieth century did we begin to be recklessly subjected to countless man-made chemicals in our food and environment, as a result of our modern chemical age. To disarm the toxic chemicals, a great deal of bodily energy is wasted. Some of these chemicals cannot even be eliminated, so they accumulate in body tissue, causing havoc in the body systems. Many of these chemicals are anti-nutrients, meaning they stop nutrients in our food from being absorbed and used in the body.

According to medical expert Dr, John Lee, pioneer in the science of hormone imbalances, breast cancer is occurring more frequently and earlier in a woman's life than in the mid-'80s. He believes the major cause of breast cancer is unopposed estrogen. There are many reasons for this condition, among which is the chemical, xenoestrogen, from the environment found in pesticides. Xenoestrogen damages the breast tissue and leads to an increased risk of cancer later in life.

The effect of xenoestrogen in men is considerable as well. It can block the action of the testosterone hormone, causing anti-androgenic symptoms (similar to menopause in women), according to Dr. Malcolm Carruthers, founder and medical director at the UK's Centre of Men's Health Clinic.

The International Agency for Research on Cancer also categorizes glyphosate as a probable carcinogen. Popularly used RoundUp, a brand name glyphosate-based herbicide, is also used on conventional produce.

As well, the pesticides sprayed on produce are linked to asthma, eczema, migraine, irritable bowel syndrome, and more. The only way to reduce our exposure to pesticides and herbicides, and limit their accumulation in our body cells is choosing organic as often as we can. By supporting the production of organic foods, not only do we help our body today, we also minimize damage from chemicals-- which is posing a real threat to the future of humanity.

What is a perfect diet?

In the last decade, so many dietary regimens have claimed that theirs is the perfect diet. Some of them believe we should stop eating meat, others promote a high protein and low carbohydrate diet. Dairy and wheat have also been the subject of many heated debates. Some emphasize drinking more water, eating more fruits and vegetables, and/or nuts and seeds. The changing views about a perfect diet has created some confusion for so many people.

The answer most probably can't be found in each diet's clever arguments, since they are advocating for what they want to market. Therefore, it seems that the best proof is in examining the people who use each of the different diets. This was undertaken by Patrick Holford, one of the UK's leading nutrition experts. He examined⁴ the diets of 55,000 people, using a Symptom Analysis Questionnaire, and a Dietary Analysis Guide. People scoring 81% healthy and above were called 'the optimal health group', and people scoring 61% healthy or under were called 'the poor health group'. He then compared their Dietary Analysis Guides to see if there was a significant difference in their dietary habits.

The result was clear that the people in the poor health group consumed more servings of sugar or processed snacks a day. Another distinct habit of their diet was drinking caffeinated drinks (tea, coffee, cola), consuming more red meat, wheat, milk, cheese, refined foods (white bread, rice and flour), and salty foods.

On the other hand, the optimal health group ate three or more servings of fruit, and a lot of vegetables (raw or cooked) a day. They ate three or more servings of oily fish (wild caught) a week, and nuts and seeds were also included in their dietary routine. Drinking eight glasses of filtered water was another predictor of good health found in the results.

Finally, to search for the other potentially important habits of the optimal health group, he contacted those top 200 healthy people who scored the highest in the optimum range and found out that a large majority of them took various supplements, especially vitamin C. In terms of exercise almost all of them were fit, exercising three or more hours a week. In terms of relationship status, they were all in what they considered as good or excellent-quality relationships, regardless of marital status. They also took time out to spend in nature, believed in God or a higher power, or worked on some sort of spiritual beliefs. They mostly considered themselves happy, with a sense of purpose or direction in life.

CONCLUSION

These solid results certainly suggests that we have the power to transform our health by changing our diet, lifestyle, and attitude towards life, but it does not follow the all-or-none law, meaning you can improve your health status, picking up habits that seem more doable for you, one at a time, so you gradually integrate good eating, lifestyle habits, and a positive attitude into your life. Start today, change your life trajectory. You can do it.

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ABOUT THE AUTHOR



LALAI SAEBI IS A NUTRITION CONSULTANT BASED IN LAS VEGAS, NEVADA NEAR HER YOUNGEST DAUGHTER. LALAI LOVES EDUCATING AND INSPIRING PEOPLE WHO NEED HELP AND GUIDANCE ON THEIR HEALTH JOURNEY. WHEN SHE'S NOT WORKING, SHE'S SPENDING TIME WITH HER GRANDKIDS OR COOKING UP SOMETHING YUMMY (AND NUTRITIOUS!).

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LALAI SAEBI, CNC
WWW.INNATEHEALINGSUPPORT.COM
LALAI@INNATEHEALINGSUPPORT.COM
(949)698-2292

