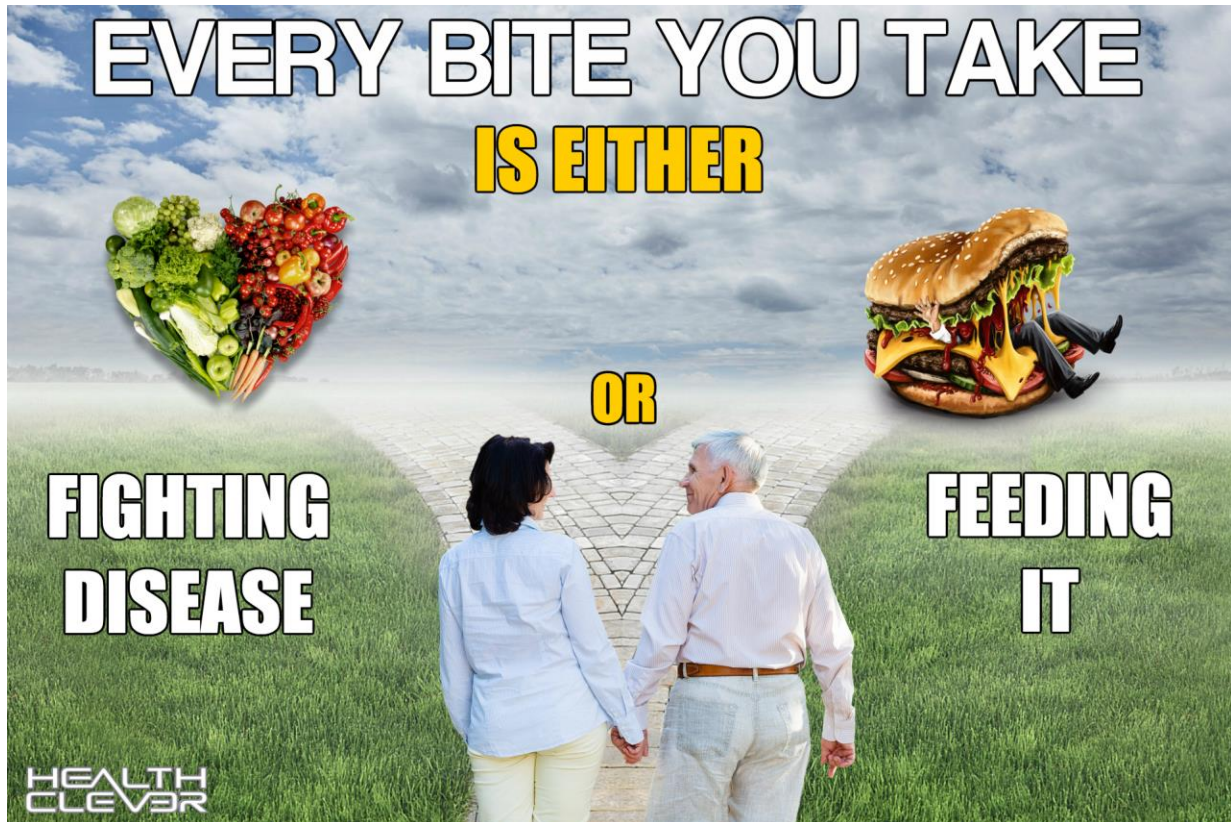# You Are What You Eat



**You Are What You Eat -** In the West, it's common to see a number of people caught up in their unhealthy lifestyles - making bad health choices, regularly, in order to keep up with their everyday life. Some of these harmful choices are more apparent like smoking or excessive alcohol. And some are subtler (but equally harmful in the long run) like a poor diet or lack of exercise. Bluntly and honestly put - many people abuse their own bodies and take their health for granted. We encourage you to genuinely ask yourself if you fall within that category.

Eventually, when the body gives in and can no longer take the abuse, things start going wrong, symptoms start showing up. The body's way of trying to tell you to make a change. This is when most people would visit

their GP or hospital for help, not for a cure but rather a band-aid to patch up the problem.

Many are not looking or prepared to change their habits but are looking for help to allow them to continue doing what they're doing.

## A Flawed Health System

An unfortunate fact is that the health system is actually set up this way. There's no money in healthy people, only in the sick. The pharmaceutical industry makes billions from people being sick.

For example, mental health which is a growing problem these days. The first line of defence is usually to prescribe drugs instead of educating and solving the root cause. Alcohol, cigarettes, processed foods - all are full of toxins. Toxins suppress serotonin and negatively affect our mood.

Whereas, exercise (during and after) releases feel-good hormones such as serotonin, endorphins, and dopamine which positively impact mood and reduce stress. But very few people are educated this.

## Diseases Aren't Inevitable

Obesity is another big problem. In the UK, the average weight of both adults and children increases every year. Such conditions have a huge impact on an individual's mental health, self-confidence, and low self-worth and self-esteem.

Furthermore, conditions such as Arthritis, at its core, is largely just an inflammatory response to a poor diet; excessive Omega-6, lack of Omega-3. And this inflammatory response, if it continues for long periods, it leads to chronic inflammation in the body which can be considered the primary cause of a number of diseases often thought of as age-related.

Type-2 Diabetes is another big one that, in most cases, is brought on primarily due to poor lifestyle and diet choices. The list could go on. Many feel hopeless and as though they're just stuck with these conditions. Or that it's just an inevitable part of life or aging. But that's far from the truth! Your choices have led you to your current health so your choices can even bring you back to optimum health. There's truth behind the statement 'you are what you eat'.

## We Have One Body

Most GPs are too quick to prescribe pharmaceuticals as opposed to educating and providing dietary advice. This is simply because a majority of GPs don't have the time to spend with each patient and the nutritional knowledge themselves. And that's not necessarily their fault. They receive little training for it in medical school. Why? Because the system is set-up this way.

Now, this is not suggesting that doctors don't do an important job or anything along those lines. There are some serious conditions that do need professional help, so doctors do a very important job. What we're talking about here are the minor health issues that cause daily irritations we all put up with. Most caused by our daily habits and what we put in our bodies.

Think about the last time you visited a GP. Let's say you went in for acid indigestion (heartburn). Did your doctor ask you about your diet and lifestyle? Probably not. You, more than likely, leave there with a prescription of Lansoprazole. Yet, we all know we get acid after eating certain foods. Then why not stop eating them? It's common sense, right?

The same logic can apply for many conditions. Yet, many, for some reason, are still not prepared to take responsibility for themselves? We all have one life. We owe it to ourselves, and we owe it to our family and friends to take responsibility for our own health and body. Remember, it's the only one you've got, and it can only take so much.

## The Internet is a Powerful Tool

And if you're reading this, you have no excuses because you have access to all the information on your fingertips. The internet is a minefield of information. For example, if you're suffering from acid - visit Google and search, "what is acid indigestion?" and "how can I reduce acid indigestion naturally?" There are so many great articles available giving simple and safe tips on how to make small changes to help yourself.

If you're seeing your doctor for a minor condition - do your own research and then go speak to them to create a plan to get off medication. Medications that are not only crippling the NHS due to the cost but also giving you additional side-effects as a consequence. Which, in turn, also require more drugs to combat. It's an endless cycle until you take control of your own health. Don't just take things for granted when it comes to your health.

## Take Responsibility For Your Health

If you have a water leak in your home, and you called a plumber to fix it, and the leak came back the next week, so you called him again. If the same thing happened week after week, at what point would you take control? Either take a look for yourself or look for alternative advice? So, ask yourself why wouldn't you apply the same rule to your precious body.

That leak starts as a small drop of water, then the ceiling discolours which at the very least will need painting. If left too long the ceiling will bow or even collapse, costing you to replace. Further, the potential damage to furniture and flooring run it to thousands of pounds to repair or replace.

Think about that for a moment, a small leak unattended can lead to a big problem. This is the same with your health, failure to fix the root cause of a minor issue can lead to bigger problems later on.

Food is like fuel to your body. Your body wants to be healthy. It doesn't want to be sick. So, give it a chance to do what it does best. With natural healthy food. It's a lot simpler than you think. Naturally, our body is miraculous in taking care of and repairing itself. All we have to do is take the responsibility, pay a little attention to it and give it a helping hand.

"You Are What You Eat" – It's not just a saying. It's the truth.

- Health Clever ([www.healthclever.com](http://www.healthclever.com))