

THE HEALTHIER BOOMER

If you were born in the 50's or later, you are probably what they sometimes call a "baby boomer". If you would like to live and active healthy life and live longer without pain, it is important that you follow some life-giving steps.

1. Find a coach who is knowledgeable in natural and preventative medicine.
2. Learn all you can about cleansing, with the total environment as polluted as scientists tell us it is, cleansing the body two to three times yearly is a first step in any preventive program.
3. The digestive tract will be more efficient and nutrients will then be better absorbed with an upper G/I (gastro-intestinal) cleanse. This cleanses liver, gall bladder, bile tract and lower bowel.
4. The intestinal environment will be refreshed with probiotics such as acidophilus, garlic, which helps establish the friendly flora.
5. Cleansing for candida yeast and parasites should follow.
6. A hair and diet analysis by computer is essential to assess heavy metal toxicity and biochemical and nutrient imbalance.
7. Arterial cleansing reduces plaque building-up harmful to the coronary arteries. It also reduces the chance of angina pain from blockages.
8. Not only does cleansing reduce the risk of chronic degenerative diseases, but energy and vitality returns. Practice deep breathing.
9. The immune system too is regenerated to protect the body against viral and bacterial invasion throughout the year.
10. A spinal and structural examination by a chiropractor will assess the balance in the cervical, thoracic and lumbar areas, as well as the neuro-muscular function.
11. Dietary habits should be guarded. Plenty of vegetables and fruit eaten raw or steamed lightly. Increase fish, some meat such as lamb or veal and lean beef. Avoid hard liquor, wine is helpful daily. Tea is preferred, especially green or white tea. Avoid more than one coffee daily.
12. Control weight through avoidance of sweets, refined carbohydrates and daily exercise.
13. Bowels should move at least twice daily. Increase fibre and water.
14. Do not worry. Worry creates acidity in the tissues and may cause hypertension, ulcers, headaches and fatigue. Keep calm even in a crisis.
15. Reduce/eliminate all toxins in the home and garage. Use all natural cleansers for dishes and laundry. Reduce dry cleaning, unless solvent free. Use shampoos, soaps and toothpaste from the health food stores. Herbamint covers well and does not contain ammonia.
16. For over 60 years scientists have told us the soil is lacking minerals essential to our health. Therefore a food supplement program should be carefully prepared to address any specific nutrient deficiencies.
17. Pray and meditate for peace individually and globally. Volunteer some time to help others.