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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Balance Your Way To Health!

By Lena Sanchez

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Some very wise people once made the statement, "We are a nation of impending BIG BELLIES." Those very same wise people also stated that;

"It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in minerals, and that a marked deficiency in any one of the more important minerals actually results in DISEASE. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives".

They go on to say "... each mineral element playing a definite role in nutrition. A characteristic set of symptoms, just as specific as any vitamin deficiency disease, follows a deficiency in any one of them. It is alarming, therefore, to face the fact that we are starving for these precious health-giving substances."

"Our soils which are seriously deficient in trace minerals, cannot produce plant life competent to maintain our needs, and with the continuous cropping and shipping away of those trace minerals and concentrates, the condition becomes worse. We are a nation of impending fat bellies!"

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These statements were made in 1936 by the United States Congress, following a study of our food nutrient values, and reported in the Readers Digest that year. Those facts have only worsened with the years of land abuses, chemicals and pesticides introduced into our foods by the farmers and the fat bellies are now bouncing on every street in this world.

When my four children were born in the late 50's and early 60's the pediatrician recommended giving them vitamins but not once did he tell me that mineral were required in order to absorb the vitamins. In the years I worked in doctor's offices I did not once hear a doctor tell a patient how important it was to have sufficient minerals in order to

absorb those vitamins.

Not until I read the Senate report eight years ago did I know that minerals are the catalyst to a healthy body and without them disease and obesity will rule.

Then as I studied more into that premise I found that a requirement for ALL minerals is equally important. I see minerals sold all over the place with 24 or 36 minerals but not the whole 84 minerals and trace minerals our body was created with and need to stay healthy and balanced.

Without a proper balance our bodies crave all kinds of unhealthy foods and sugary empty calories. Creating the obesity now rampant in the world. This is not helped by all the fast food places that now exist.

Once the body contains the proper mineral balance and megavitamins then and only then can weight loss and a healthy body begin. This requires eating a balance of fruits, nuts and vegetables daily. That's 9 servings daily in all. (a serving = $\frac{3}{4}$ to 1 cup per food group)

Vitamins sold on store shelves are seriously lacking in proper amounts just as minerals are. Studies done over the last decade show that the RDA's you see on vitamin bottles and in advertisements are so weak that the body is still malnourished and requires at least three times the amount recommended, and in some as much as ten times the amount. One-a-day just won't balance it for you!

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I have watched as people began to lose weight once they balanced their body with minerals, meganutrient vitamins and antioxidants. I have seen cancer disappear with natural treatment and balancing those three things in the body. With proper balance I have seen manic depression subside, allergies become nonexistent, asthma disappear and diabetes eliminated, just to name a few... Balance is the key.

Start balancing today and if you wish help in choosing the right supplements that I've watched cure problems
mailto:health@antibiotic-alternatives.com/VMBalRec

Wishing you a long healthy life,
Lena

Lena Sanchez Author of "Handbook Of Herbs To Health & Other Secrets," "Antibiotic Alternatives To Preventing Mega Bacteria," & "Dangers & Secrets Doctors Refuse To Tell You." Found online at <http://www.antibiotic-alternatives.com> and Editor of "Natural Environmental Health Facts & Your Home Business Coach" ezine subscribe at <http://www.envirodocs.com/newsletter.htm>

What Balance Looks Like For You

By Angie Dixon

Recently, in an online group, we talked about "balance" and an article one member had read decrying the demise of balance altogether. We all had different ideas about what balance is and how to reach it, and I realized, after a number of posts, that we were all right.

I believe it is possible to "achieve balance in our lives." What I don't believe is that the way you create balance is going to match the way I create balance. I don't believe that dividing my time 50/50 or 25/25/25/25 is right for me, though it may be for you.

How do YOU create balance? Easy. Find times when you feel like things are going exactly as they should, that everything in your life is perfectly in alignment, and that you're doing what you need to do, when you need to do it. That's balance. Then "creating" balance becomes RE-creating it. Once you know what to do, you can do it again. And again.

When you're struggling to find what's next out of the middle of a dozen or more things, when everyone feels downhearted and discouraged because they're not getting enough of your time even though you're running between chores and family as fast as you can, you're not in balance.

Imagine your life as a series of circles, arranged around an inner circle. The inner circle is you. If you're just running the bases and touching each circle with your toe as you go by, you're not in balance. But if

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all those circles are close in to your inner circle, touching or overlapping not only you but each other, chances are you're in balance.

Balance comes when you're doing what you want to be doing, when it needs to be done. It's not about fifty percent of your time being home and fifty percent being work, or any other formula. It's about doing what is important at the time.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

to discover how coaching can change your life, contact Angie at

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What Balance Looks Like For You

Finding Balance

Importance Of Proper pH Levels In The Body

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