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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!**

**Illness – What Can We Do About It?**

**By Ingela Berger**

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Illness concerns everyone. How can we approach it? And what is the reason behind illness? Whether you need to stay well or get well, lifestyle changes are essential to help you win the fight against illness.

The reason behind illness

There is a reason behind illness. Sometimes the reason is virus or bacteria, sometimes there is a psychological or social reason. Many times it is difficult to see any reason, but often we can find the reason in our lifestyle and daily habits.

How can we stay well?

Our body has an inherent ability to heal itself. It's important to remember that, whatever treatment we choose when we get ill. By making changes in our lifestyle we are able to strengthen the self healing ability and minimize the reason for illness. Lifestyle changes can be made in four areas: Food and drink area Exercise area Sleep area Mental, social and spiritual area

The fourth area includes stress, which has become a big problem in modern society. We could, of course, go beyond these areas and ask ourselves what kind of society we would need in order to stay healthy.

How can we get well?

When we are ill we need to help the body cure itself. If it's only a cold we've got, maybe it's enough just keeping warm, relaxing and drinking hot water with a spoon of honey. Most of the time that would do it. The body will heal itself in a few days. But when we get something more serious our body needs more help to fight against illness. Should we choose conventional or alternative treatment? To make the right

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decision concerning treatment we need knowledge. It's important to study the basics of a few possible alternative treatments, contact people who offer treatments and people who have been treated by them, ask questions, build a basis on which to make a decision. We should also ask our conventional doctor exactly what treatment he/she has in mind, what it does to the body, and what the secondary effects are.

Whatever treatment we choose, the results will improve when we add lifestyle changes to the agenda. Lifestyle changes are essential for an optimal result of any treatment. Whatever illness we suffer from, lifestyle changes will improve the chances of recovery.

Ingela Berger started her own Internet business Lifestyle Plans in 2003 out of a desire to inspire and encourage others to make reality of their dreams of a personal, healthy and fulfilling lifestyle. Ingela has studied theatre directing, history of art, and leadership psychology. After some years working with art exhibitions and the theatre she is now back at school to become a health and lifestyle consultant.

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### **What Causes Mental Illness?**

#### **By News Canada**

(NC)–Lots of myths surround mental illness. For instance, many still think that it's something that can be cured simply by 'toughening up' or by adopting a better outlook on life. In fact, mental illness is not caused by 'moral' weakness, and it's clearly not something that people 'choose' to have. Mental illness is a diagnosable illness that requires treatment, just like diabetes.

While the causes of mental illness are not well understood, most research suggests that it results from a chemical disturbance in the brain. Many factors may contribute to this: heredity, genetics, stress, recreational drug use may all contribute to the onset of mental illness.

Although research is still in its infancy, there now exist many effective treatments for those who suffer from mental health disorders. In most cases these treatments make a significant, positive contribution to quality of life, and the earlier a condition is identified the better the treatment outcome.

More information on mental illness and how a new book called "Catch a Falling Star: A Tale from the Iris the Dragon Series" is helping parents identify and understand early onset mental illness visit

[www.iristhedragon.com](http://www.iristhedragon.com)

News Canada

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