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**The Shocking Truth About What's Preventing Us from Developing Healthy Lifestyle Habits**

**By Etienne A. Gibbs, MSW**

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The air we breathe, the water we drink, and even the foods we eat, contain substances that may be damaging to our cells, according to Public Health scientists who have found new evidence of the threats that our toxic environment pose on our cellular health. Apparently, any tissue that is exposed to the environment, including the skin and gastrointestinal passages, is especially vulnerable.

While government agencies and industry are taking steps to control additional releases into the environment, many toxic substances become concentrated in fatty tissues through a process called bioaccumulation. Animal fats in the diet present health problems in other ways. Dr. Myron Wentz, Ph.D., immunologist and microbiologist, hypothesizes that foods with high peroxide values, especially processed, fatty foods, generate "free radicals" that in turn damage healthy cells. Researchers believe that supplementary antioxidants are necessary for combating these free radicals in addition to the body's normal defense systems.

In addition to the health threats posed by toxic substances today, many nutritional scientists point out that much of our food has been over processed and preservatives have been added for packaging, affecting its vitamin and mineral content. In fact many of us are undernourished because our diet lacks many of the important vitamins and minerals necessary for health.

One recent study found that nearly one-third of the calories in the typical American diet come from nutrient-deficient junk food. In contrast, healthy foods, such as vegetables and fruits, make up only about ten percent of the caloric intake. Furthermore, poor diet, coupled with physical inactivity, is now recognized by the Center for Disease Control and Prevention as one of the leading causes of death in the U. S. today because without proper nutrition, the cells of the body are less able to prevent and

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repair cellular damage.

"The human body is made of cells, and those cells work together to sustain your life," says Dr. Wentz. "Taking antioxidants with food may help reduce the formation of oxidized lipids." Other medical professionals concur on the importance of taking supplementation.

\* "One way to effectively maintain health is to supplement our diets with a full range of vitamins, minerals, and antioxidants," so explains Dr. Ladd McNamara, an obstetrician/gynecologist in Atlanta, Georgia.

\* Dr. Ray Strand, M.D., a family practitioner in South Dakota, states, "The concerns for my patients' health has led me to recommend a complete nutritional system to my patients."

**Remember:** When you are maximizing your body's health potential, we everyone wins. When you don't, we all lose.

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**Etienne A. Gibbs, MSW, Management Consultant and Trainer**, conducts seminars, lectures, and writes articles on his theme: "... *helping you maximize your potential.*" For a more information and a free health assessment, go to

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**Alzheimer's: Prevent it now!**

**By Lambert Klein**

Alzheimer's: Prevent it now!

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Do you think you can avoid Alzheimer's?

Many people think mental health is more important than physical health. We desire to keep our brains sharp and focus while remaining relax, calm and comfortable with our emotions.

If you are living healthy by getting exercise, eating foods with proper nutrition and drinking good quality water, then you already have a good start on preventing Alzheimer's.

Other things to consider are making new friends, joining a club or organization or perhaps a gym. Socialization is an important step to our mental and emotional health.

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You should think about these things now not later when the damage is beginning to take its toll. Preventative measures are usually the best approach to staying healthy. This also applies to preventing Alzheimer's.

Nutrition and vitamins such as vitamin C and E may reduce your risk of Alzheimer's by absorbing free radicals. A study from John Hopkins shows that people taking both vitamin C and E were 64% less likely to develop Alzheimer's.

You can do something to prevent Alzheimer's by following a healthy lifestyle.

Find a new hobby, interest or challenge your brain with puzzles or learning something new. If you enjoy walking take alternative routes to stimulate your senses.

Exercise is important for your overall health. This can also help to prevent mental problems. Exercising will keep you fit and help to nourish your body with oxygen.

Green tea, berries, and nuts are excellent brain food. Eating healthy foods that are rich in protein, antioxidants, calcium and B vitamins will go a long way in preventing Alzheimer's.

You will want to eliminate aluminum and mercury as much as possible. Be careful about the pots you cook in, your deodorant and drinking water. Also be aware that flu shots and other vaccinations could contain mercury or other poisons.

Don't forget about mercury fillings. Do you really want poisonous mercury in your head?

Here are some nutrients that may help keep Alzheimer's at bay:

- Grape Seed Oil · Folic Acid · B1, B6, B12 · Vitamin C · Vitamin E (better from whole food sources)
- Zinc · Lecithin · Garlic · Co Q10 · Ginkgo · High Quality Fish Oil · Sunlight · Curcumin · Silica

Levels of Choline decline as we age. Choline is a nutrient the brain uses to produce acetylcholine, which helps our memory. Choline is found in fish and eggs.

Blueberries may be one of the most important foods to combat mental decline as is fish oil with omega3 and DHA. Lowering simple carbohydrates could benefit you as well.

Although there are a few nutrients that specifically may help with Alzheimer's, we should consider that a general healthy lifestyle is the basics of preventing health problems.

Get outside in the sunlight when you can. Earlier is better than later. Go for a walk or do some yard work. Maybe you enjoy horseshoes?

Start now by exercising, eating healthy and challenging your mind with puzzles or a new hobby. Take a night course. Learn something new. You will benefit with the new knowledge you have acquired and keeping your mind sharp.

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One final note: There have been some reported cases of people diagnosed with Alzheimer's where in fact they merely had a B12 deficiency!

Lambert Klein is the owner of Think Healthy supplements.

Alzheimer's: Prevent it now!

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