



Clean up your act

WELLNESS: THE TIME IS NOW

→ Diseases such as heart disease, cancer, diabetes, hypertension and stroke have become pandemic in our society.

Dr Robert Delgado

Most of us will struggle to find something more important to us than our own health and the health of our loved ones. Yet, as the human species we have never been sicker. Noncommunicable diseases, also known as chronic illnesses, are responsible for 38 million deaths annually, according to the World Health Organisation.

What is even more alarming is that 80% of chronic diseases are preventable through lifestyle intervention. So what is the solution?

The good news is health is an incredibly simple concept and a state of health and wellness is quite natural. Imagine a rain forest made up of millions of trees. If every tree is healthy, the rain forest is healthy. In the same way, our bodies are comprised of trillions of cells working harmoniously together in a self-healing and self-regulating ecosystem to maintain homeostasis and life. If all our cells are healthy, then we are healthy.

The only reason these cells will ever move towards disease is if we are toxic in something we do not need or deficient in something we do need. To simplify: we have too much of something or too little of something.

When all our cells have their required raw materials and are free from toxicity they will express health all the time.



The key to lifelong health is understanding that human beings have to follow natural laws to prevent illness

Symptoms do not represent a genetic error in the cells. Symptoms represent important signals from your body telling you that something is wrong. If the oil light came on in your car, what would the logical solution be? Provide your car with what it requires (oil) or taking the bulb out (masking the symptom)?

The question we need to answer to achieve lifelong health and prevent chronic illness is



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The five wellness concepts:

- ▶ 1. Health is our natural state, it is toxicity and deficiency that leads to sickness
- ▶ 2. Our genes do not differ from our pre-agricultural and pre-industrial ancestors.
- ▶ 3. Our ancestors and surviving tribes that model their lifestyles did not die from chronic illness such as heart disease, hypertension, cancer and diabetes
- ▶ 4. The only difference between our healthy ancestors and us is our lifestyle.
- ▶ 5. The vast majority of chronic illness is due to lifestyle choices and is therefore preventable.

this: what lifestyle choices do we need to make in order to reduce our toxicity and deficiency?

Luckily we have groups of people around the world that live long, productive lives and are virtually free from all chronic illness.

Their genes are the same as ours but they don't suffer from many of the diseases we do. We can learn from them and try to add their lifestyle choices into our modern industrialised world.

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We are hunter-gatherers that have been plucked out of our natural environment and stuck behind a desk eight hours per day. We eat refined toxic food and think stressful thoughts from morning till night.

This mismatch is the root cause of almost all chronic illness. To get well, humans, like every other species, must learn how to eat, move and think in ways that nature intended.