



*by Amy Salman*

## Prevention is Worth a Pound of Cure

It seems like everywhere you look, there's a new pill or medicine that will 'instantly cure' your sickness, disease or health issue. And while taking a pill to cure what ails you might be convenient and simple, maybe it's really time to sit down and take a good, long look at what you're feeding your body, or as it might be, not feeding your body.

Are you truly giving your body the nutrients it needs to take care of itself? Most of us find when we take a look at what we've been eating, the choices we've been making in the name of convenience, simplicity, or saving time have actually been detrimental to our overall health – body, mind and spirit.

Our modern day diet largely consists of excessive consumption of starch, sugar, fried and fatty foods. As a result, diseases such as hypertension, diabetes, obesity, Alzheimer's, some cancers, and autoimmune diseases, are becoming more and more common.

Healthy foods and good nutrition cannot only help keep you fit, but treat disease as well. You can purchase them right at your grocery store, or make a trip to your local farmer's market. And if you focus on a healthy, well-balanced diet, you will find the detrimental effects of these diseases can be slowed, stopped or even reversed.

And when you nourish your body physically with these nutrient-dense foods, your mental capacities increase, and your spiritual wellness is enhanced as well. In addition, since your spiritual health is optimal, it will shine through to the outside, and people will notice you're happy, calm, and that your stress levels have decreased dramatically.

So look for ways to cut the junk out of your daily eating and replace it with whole, fresh, unprocessed foods. Your body, mind and spirit will all be healthier as a direct result.

