



NLJ Fitness & Wellness Consulting

Call Today 206-852-4768

Eat and Move Right to be Healthy

By Nancy Jerominski

With our bloated waistlines and nearly 750,000 dying each year from preventable chronic diseases like cancer and diabetes, Americans carry the dubious distinction of being one of the unhealthiest populations in the world. Is our slowly advancing death from malnutrition despite the abundance of cheap food, diet products and drugs available?

My clients learn [CHEK](#) foundation wellness principles of: thoughts, breathing, hydration, nutrition, movement and sleep. They discover [CHEK](#) Secrets the pharmaceutical and processed food companies don't want you to know about why what and when you eat, stress, sleep patterns, digestion and elimination can hamper your efforts to feel and look your best. Exercise is important, but if you're on the Standard American Diet (SAD), hard core training can actually deplete your vitality and longevity. Being fit and lean doesn't mean you're healthy.

Thoughts for Food:

- If it's not butter, it's likely Trans fat, which acts more like plastic in our bodies, or rancid vegetable oil. The FDA doesn't require food companies to write accurate product labels. Partially hydrogenated oils are the same as fully hydrogenated oils.
- Unfermented soy mimics estrogen in our bodies. Eight ounces of soy "milk" contains estrogen-like compounds equal to FIVE birth control pills. The phytic acid in soy makes it impossible for us (and animals) to digest, so any protein is unavailable to our bodies to use.
- What did humans typically eat up until the last 150 years? Did they all eat the exact same thing? Did they take lots of medications?

Why isn't medicine studying what long lived, vital people eat to keep them that way instead of chronically ill people? If you want to learn to drive a race car, you certainly wouldn't pick the pill-popping instructor wearing coke bottle glasses driving a battered vehicle!

How vital and healthy is *your* wellness advisor?