



The Language of Whole Foods

Understanding whole foods all about “relationships.” Follow me down the rabbit-hole for a moment, as I will eventually describe the value of whole foods – the reason for which I’ve been asked to write this article.

At the root of your career lies your *relationship* to your life’s purpose.

At the root of your marriage is your *relationship* to servitude.

At the root of your social life is your *relationship* to balance.

At the root of your financial bottom-line is your *relationship* to money.

At the root of your future is your *relationship* to your past.

At the root of your self-image is your *relationship* to your thoughts.

At the root of your weight is your *relationship* to eating.

And...at the root of your physical health is your *relationship* to your environment – which is the holistic integration of all the things listed above.

Let’s go one step deeper to the root of a relationship. What I’ve come to observe is that at the base of every fruitful relationship is a willingness to *communicate* – a desire to learn and to “speak the language of your partner.” In health, “your partner” is the fleshly shell you call your body.

Do you have a *relationship* with your body? Is it more defined than the numbers on the scale? Moreover, how well would you describe your *communication* with it? Do you have the desire to speak its language?

In my world – the world of lifestyle eating and nutrition, food is form of communication. The food you consume sends messages to your body and your body sends messages back – i.e. “speed up,” “slow down,” “re-boot,” even “create symptoms of a disease.”

Healthy communication is a two-way street in all relationships including the relationship you have with your body: speaking and listening – or in this case – **sending** and **receiving**. Food *sends* the message, while the body *receives* and *responds* with either health or disease. Are you listening to the cues and feedback of your body?

The messages sent by ingesting processed foods--sugar, sodas, and refined products--speak of neglect, stress, and malnourishment. After time, these foods then create ailments in the body in a response intended to communicate to you the consequence of these poor choices. Are you listening?

In contrast, the power of whole foods-- fruits, vegetables, grass-fed animal products, nuts, seeds, and pure water--is its messages of love, support, priority, balance and abundance. In time, these foods create blessings of health, vitality, and robust energy in the body communicating to you the value of these choices.

With no translation needed, **the language of whole foods is the language of the human body** - simple, universal, and effective. So forget the processed diets and short-cuts and get to the guts of self-discovery, to the roots of your relationships, and to the real-food recipes required to support you in your journey to wellness!

Thanks to Kate at PHS for contributing this article.

Introducing Fitness with Angie

Since May we have been presenting new friends and resources to you, our customers. For those of you who come into the store you have probably already met Angie. She is in the fitness center helping people stay active, fit and pursuing health.

Hello! My name is Angie Gallagher, and I am an ACE certified personal trainer, accredited thru the NCCA, (visit www.fitnesswithangie.com to learn more about NCCA accreditation). I own fitnesswithangie.com, where I specialize in small group Personal Training of all ages. My training program, FIT4LIFE, pairs small-group fitness training with the benefit of a personal trainer, at a group rate. (You may have seen me training clients at "Healthy For Life", in Urbandale, Iowa). In the recent past, I have been featured on the Dr. Phil show, as well as locally on KCCI Channel 8, where I am often used as the "fitness professional", and on the "ASK ANGIE" Friday segments. The Des Moines Register has also featured "fitnesswithangie.com" in several articles. Last, but certainly not least, my husband and I are the proud parents of two beautiful young children, ages 6 and 8.

Because I have struggled in the past with my own health, I am passionate about helping others exercise properly, and showing them how much fun and empowering exercise SHOULD be! There are few things more rewarding than watching clients succeed in their health and fitness goals. Unfortunately, most people who contemplate beginning an exercise program believe that exercise requires a hefty time commitment. In reality, any amount of regular exercise contributes to better overall well-being.

The FIT4LIFE program is perfect for those looking to begin an exercise program at any age or any fitness level! Keeping the groups small (5-10 per class) allows me to modify for each clients needs, limitations, and goals. Many in the FIT4LIFE program deal with various health conditions, from arthritis, diabetes, heart issues, to surgery rehabilitation, etc. Ask any in the program and they will tell you about the many improvements they have seen and felt since beginning FIT4LIFE. During the 8 week program, the same workout is never repeated TWICE!! This keeps each day exciting and new, and helps to avoid fitness "plateaus". We use dumbbells, body bars, stability balls, medicine balls, bands, and various cardio equipment. Also, a registered Dietitian, from Hy-Vee food store, meets with us during the session to answer any nutrition questions and helps with nutrition/shopping strategies. At the end of 8 weeks, I treat everyone to an "appreciation dinner", and it's proven to be a wonderful way for us to encourage and support each other.

It is never too late to get healthy and make positive changes that can save your life. The hardest part is to JUST GET STARTED! So don't wait, there are NO easy answers out there. It takes HARD WORK, GOOD NUTRITION, and COMMON SENSE. **Come in and try a class (with no obligation) for yourself!** This will not

only give you an opportunity to meet me/ask questions, but will also let you see how much fun we have together in a small group!!

I look forward to meeting you! You can visit www.fitnesswithangie.com to learn more and to contact me with questions!

What to look at when having difficulty losing weight

In the last several months we have had customers inquire about weight loss. Some of them are “stuck” in their pursuit of becoming “lean for life” and Healthy for Life. We thought we would go to the resources we have available and pose the question, “What do you look for when people are having difficulty losing weight?” We asked a nutritionist, a therapist, a chiropractor, and an internal medicine expert. Below is a summary of their combined perspectives.

1. Adherence to our plan (cutting back on carbs, taking omega oils, minerals, cleanser, exercise)

- Lifestyle changes, change in general is one of the most difficult aspects of being human. How are you doing with adherence to the plan you have put into place. At Healthy for Life we have a definite protocol for our customers to follow. We absolutely know it works because after ten years we have seen it work for literally thousands of people. The hardest element of our protocol – Reducing the habit of carbohydrate intake. Sugar is addictive. In America I think it is safe to say, Hi, my name is Tim and I am a chocoholic! An antidote for this may be a “community”. Find a group of people with the same determination to be lean and help each other break the habits, hold each other accountable and support one another. You will get there if you want to get there and your fellow travelers will help. Look for groups like this to be forming at our store.

2. Cortisol levels - Take a look at the amount of stress you are under. Assess. What are you doing to reduce stress?

- Cortisol is a stress hormone. It is a built-in survival tool. Since the body loves fat, cortisol keeps the body from burning it so like a bear prepares for winter cortisol keeps the fat on for survival. How do you handle stress? This is a complex question that involves far more dialogue than this newsletter will allow but one encouragement to you is, take care of you! Exercise is a stress reducer because it releases chemicals into the body which relax you automatically. Sleep rejuvenates the body and prepares it to withstand higher levels of stress. Meditation, massage and yes sex helps to calm the body so it does not release cortisol. Finally, what beliefs support your stress? Over-developed sense of responsibility, perfectionism, workaholism etc., are loaded with beliefs which overtax the body and add greater levels of stress.

3. Physiological - Hidden bacteria, infections, food sensitivities, digestive issues, excess estrogen.

- There may be some things going on in your body you are unaware of. We have mentioned a few. You may wish to have your blood tested by someone who might assess if any of these factors exist and help you eliminate them by using non-invasive measures.

4. Nutrition - High protein, high vegetables. No or low grains and fruit (Limit carbs to reduce insulin response) Allow your body to reduce fat.

- For our customers this is not new. Our experts simply said when confronted with a client struggling to lose weight this is what they recommend. For Healthy for Life customers you will note this is the

protocol we have recommended for ten years. In addition to essential oils, minerals and cleanser cutting back on carbs, increasing protein consumption and eating vegetable is a mantra here. Our experts tell people when they are stuck eliminate carbohydrates so the body has very little insulin response and can therefore literally eat fat. Remember when it is burning carbohydrates the fat burning switch remains off and what carbs are not burned will be stored as more fat.

5. Emotional/beliefs - What beliefs might be supporting your weight?

- The emotional, mental and spiritual side of weight loss is well known if not well understood because it is so complex as mankind itself. A few questions may help. What role does food play in your life? Do you feel like the movie "Groundhog Day" where you are constantly back to a cycle of losing and gaining, losing and gaining and cannot figure out why? What do you tell yourself about yourself when you do not seem to be succeeding as fast as you would like? If you find yourself eating due to stress or to feel better emotionally, rather than hunger, you need to find a new outlet to relieve the stress or emotion.

This article is written to help you think about this topic and to provide some places to explore if you or someone you love is struggling in this area. If you'd like more info or help please call or write us and we can help direct you to the appropriate resources

SEMINARS ON HEALTH

We plan on having monthly and in some cases bi-monthly seminars at the Healthy for Life store on various topics related to health. Many of you have asked us to provide more such events. The format will be 30 minutes to an hour presentation followed by a short time of question and answers with our panel of experts sharing their various expertise. We will also have social time for you to talk to other people like yourself, interested in health. Watch for the dates and times coming soon. Should be lots of fun!

A few topics to look forward to are:

The Science of Weight Loss

The Myths of Nutrition in Today's World

Whole Foods & Supplementation

What does spirituality have to do with health?

The Biology of Belief: Can what you believe can heal you?

Sports Nutrition, Supplementation & Training

Can you be self-sustaining in today's world?

Meal planning for a healthy you.

Putting chiropractors & physical therapists together.

Thanks for your business and support!

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