

Health & Well-Being



“The Greatest Medicine of all is teaching people how not to need it.”
... Hippocrates





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This is exactly what I'm endeavouring to do!

Most times, while ever we are eating a really healthy diet, drinking enough and moving our body sufficiently, we will not find ourselves sitting in the doctor's office.

'If you give a man a fish,
you feed him for a day;

If you teach a man to fish,
you feed him for a lifetime.



You see, I'm not presenting you here with another diet to follow. There are enough diets out there to sink a battle ship, so why would you need yet another one?

Diets, on their own, are destined to fail. I'm sorry, but that's how it generally is.

I want to teach you what is healthy, and what is not. So many people have no idea anymore... it's all so confusing.

It's time for us to learn the good, the bad and the ugly!

Each lesson, as you learn something new, endeavour to incorporate that healthier choice into your 'new way of living'.

I'm not asking you to give up anything in particular, but rather to substitute 'this for that' as a better, healthier choice.



I don't believe in 'weight loss diets' as such, as people generally are only getting bigger. Why? Because they follow one diet, give up after awhile and put all the weight back on again, plus more!

Yo-yo! Up and down! Over and over! It seems hopeless!

Look, if you are following a weight loss diet at the moment, and through these lessons you learn that something about it is not so good... please don't throw the baby out with the bathwater!

Simply make the adjustment! It doesn't mean you have to throw the whole diet away.

I am not saying that you should *not* go on a diet, please understand this. I mean, maybe your doctor has put you on a certain diet. What I am saying, it's like being taught to fish... learn to be able to make good and healthy choices for yourself.

Learn what to avoid and what to substitute it with. This will indeed set you up for a lifetime. ☺





Wherever you are in this walk of life, the most important thing you can do, from a nutritional and well-being angle, is to begin making healthier choices in your diet, and to attend to the Seven Pillars of Balanced Health (contained in Wellness Solutions). You need to make sure they are all standing strong and firm to the best of your ability.

I truly believe that no matter what our age, if we make sure we are consuming good quality food and drinking sufficiently, we can improve any symptom of ill-health we may be experiencing.

‘Disease’ is the opposite to ‘Ease’.
If we are not at ease, we are in disease!

The choice is yours to make. No-one can make the choice for you.

Stop the Munchies in its Tracks!

To help you lose weight, or just generally stop the munchies, I recommend that once you have completed your meal, go and clean your teeth.

You will be amazed at the difference it makes!

BTW... don't spread toothpaste all along your toothbrush! This is advertising to encourage you to use it up quickly and buy more.

You only need a little scrape, or no larger than pea size.



**THE BODY
NEVER
LIES.**

- Martha Graham

Consider making this your first goal...

**Eat only
3 meals per day**

Our body will tell us when it requires more nutrients... yes, nutrients is all it asks for!

So please, start listening to your body!

If your body begins to grumble and growl between your meals, then and only then, have a little healthy snack.

The main reason people eat between meals has nothing to do with hunger.

There's emotional eating... binge eating... boredom eating... the list goes on and on!



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Although I do recommend three meals per day, some may be used to having 5, 6 or even more smaller meals throughout the day.

I have a problem with this style of eating as it:

- Doesn't give your body a break,
- and... is it just a license for endless grazing?



There was a time when I indulged in grazing, but what I found is that I just didn't stop.

Every time I walked into the kitchen my brain told me I should eat something.

I have to say that every item of food I consumed was known for its health benefits... it wasn't junk food...



But... I also began to notice that my eating had nothing to do with hunger.

I think it was more of a habit than anything else.

Was it any different from someone who needed a cigarette each time they drank a cup of coffee?

At this point, eat whatever food you normally eat, but do it in 3 meals only. **This causes a major hormonal shift.** Make sure you eat sufficient, without stuffing yourself of-course, to keep you going until the next meal.

Learn to give your digestion the rest it deserves by resisting the temptation to snack... even on good foods!



Don't give up what you want most, for what you want now!

No snacking unless real hunger hits because you've been working out.

Somehow, I had myself convinced that these little snacks didn't matter. Guess what? They did matter! It wasn't the extra calories that were the problem, but the fact I wasn't giving my digestive system a rest and allowing my body to tell me when it needed more nutrition.