

# White Rock Sun

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## Health

Don't deny your good health



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We humans are in denial.

We smoke and deny it's killing us. We eat high-fat foods and deny the plaque building in our arteries. We drink alcohol for heart health, but deny it's killing our brain cells. We eat nutrient-depleted 'fast foods' at almost every meal and deny its long-term consequences on our health.

Currently our health care system is a 90% focus on treating disease and disorder. Only 10% goes toward preventing it. We are all to blame for this (and we're in denial of this as well).

Each of us has the choice to create good physical and mental health. Make that choice now. Choose to take better care of yourself . . .

Stop smoking . . . Beware of alcohol and caffeine . . . Drink water . . . Play catch with the kids . . . Eat more fruits and vegetables . . . Avoid processed, refined foods, especially sugar . . . Get off your butt and go for a walk . . . Fill your heart and entire body with feelings of love. Project that love outward, even to those who offend you . . . Reduce the unhealthy fats in your diet; eat more nuts and seeds instead . . . Say goodbye to fried foods and hello to baked potato. . . .  
Protect your skin from too much sun . . . Think positive thoughts . . . Stop being so damned negative . . . Chew your food well . . . Don't deprive yourself of sleep . . . Laugh often. Laugh at the serving sizes in Canada's Food Guide because you know you eat way more than that. Learn and practice those serving sizes . . . Don't litter . . . Take your holidays . . . Be honest . . . Use avocado instead of butter or margarine . . . Learn relaxation techniques or enjoy a hobby . . . Take breaks often to clear your mind of all thoughts. Listen to your heart beating. Concentrate on your breathing . . . Love yourself . . . Say NO to super-sized anything including popcorn and soda . . . Stop in the middle of any task and look at that tree, that flower, your own hand and really LOOK at it: See its perfection, its beauty . . . Eat winter squash and try other foods new to your diet . . . Hang out with positive-thinking, supportive friends: Be one yourself . . . Cut down on desserts . . . Give freely of your time, money and possessions because generosity comes back tenfold . . . Take deep breaths . . . Go outside and appreciate nature: Stop destroying it . . . Snack on an apple not a candy bar . . . Tell your spouse/kid/parent/sibling/relative/friend you love them. DO IT NOW . . . Quit working yourself to death for more "stuff": Your friends aren't your friends just because of your flashy car or designer clothes and if they are GET NEW FRIENDS.

Don't deny it; every moment of every day you are presented with choices and you make choices. Choose the one offering the greatest health benefit. It's as simple as that.

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