

Your Body is Talking to You!

Are You Listening?

Every day, your body is giving you feedback about the choices you are making in your life. If you are taking good care of it, your body rewards you with vibrant energy, pleasurable sensations, a positive mood and good health. When you abuse it, your body lets you know that it doesn't like the choices you're making. It does this by upsetting your mood, making you feel anxious, irritable or depressed, and/or by giving you frequent headaches, indigestion and other aches and pains. It will also tell you how well you're taking care of it by your physical shape.

Excess weight is just one of the many signs that show us our diet and lifestyle choices aren't working. So, if we take a good look at ourselves in the mirror and then tune in to how we are feeling, we will know instantly whether we need to make changes or not. If we look around and apply this yardstick to the average American, it becomes readily apparent that the American lifestyle is very unhealthy—and people's bodies are *screaming* this message!

According to the National Center for Health Statistics about 65% of all Americans are overweight and 30% of those are clinically obese. It's a major national health concern because obesity is associated with a greater risk for diabetes, gallbladder disease, hypertension, hyperlipidemia, sleep apnea, coronary artery disease, osteoarthritis of the knees, gout, cancer and low back pain. But, excess weight and its associated health problems aren't the only message saying our lifestyle is wrong. The average American also suffers from a wide variety of other health problems, such as depression, anxiety, frequent headaches, indigestion, fatigue, skin problems, allergies, sinus or respiratory congestion and so forth. Just because all of this is *typical*, doesn't mean it's *normal*!

If this describes you, how would you like to get some positive feedback from your body for a change? Wouldn't it be great to have a happier mood, vibrant energy, a sensation of pleasure from your body and get to "look good" in the process? Of course it would!

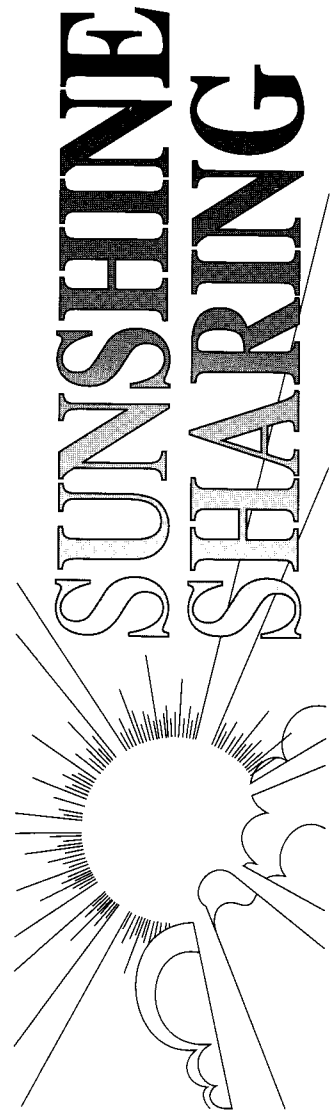
Well, you won't get there by having some kind of "extreme make-over." You won't get there by feeling guilty or bad about yourself and mentally punishing yourself for a "lack of willpower." Willpower has little to do with it! It's all about forming healthy habits, and since the body likes being healthy, once you start adopting healthy habits, the positive feedback your body will give you makes living a healthy lifestyle addictively positive.

The secret is learning to work with the body's messaging system. You see, the cells of your body talk to each other by means of little chemical messengers (hormones, prostaglandins, etc.). These chemical messengers control cycles of rest and activity, mood, maturation, reproduction, immune responses, metabolic rate and appetite—the last two being very important when it comes to weight loss.

If you create the right chemical messengers in your body, your metabolism will increase, your appetite will decrease, your mood and immune system will be enhanced, and you'll look and feel better without struggling with your body. You will learn how to co-operate with your body rather than trying to control it with willpower.

How do you do that? This newsletter will tell you how to get started.

Learn how to work with your body, instead of against it, inside....



Your guide to better health the natural way.

Vol. 18 No. 1

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

Copyright © 2006 by Tree of Light Publishing (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne
Research: Kimberly Balas
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes, Mark Montgomery