Hi Bill

The title of today's newsletter may ruffle a few feathers today, but hear me out. This is meant to bring awareness about a situation that is a major contributing factor behind a poor state of health in many people.

Let me paint a scenario for you here…

Let's say there's this 45 year-old woman who's been under chronic stress for quite some time. She craves carbs and sweets like crazy and she's putting on weight. Her sex drive has dropped down through the floor and she's having trouble sleeping.

From a holistic perspective, here's what's going on inside of her:

Her chronic stress is causing her adrenals to mass-produce the stress hormone cortisol, and this is what is causing her to stress-eat and crave carbs. Plus stress and continuous cortisol production is affecting her sex drive and her ability to achieve restful sleep, and of course her stress eating is making her gain weight.

Here's what this woman may hear from her mainstream doctor about her complaints:

He notes that her blood pressure has been elevated (which is due to her stress and cortisol production) and he prescribes high blood pressure medication, as well as sleeping pills to help her sleep at night.

He also reviews her lipid panels and sees that her cholesterol has been elevated. (This too is due to the stress. You see, your body uses cholesterol to make hormones. Since this woman is using up a large chunk of her cholesterol in her mass production of cortisol, her body senses this and is making more cholesterol, hoping that it can be used to satisfy her other hormonal needs.)

Her mainstream doctor prescribes a statin, and also suggests exercise and Weight Watchers to take off the weight.

Since the woman's primary underlying problem—the stress—has not been addressed, she doesn't get any better and doesn't take off any weight. Plus she's suffering muscle weakness from the statins which makes exercise practically impossible for her, and the high blood pressure medication is lowering her sex drive even more and worsening her sleep problems!

She goes back to the doctor in tears now, basically a stressed-out emotional wreck.

The doctor concludes that she may be starting menopause and prescribes some synthetic estrogen. (This can have the effect of making her estrogen dominant, which can make her gain MORE weight, increase mood swings and raise her risk of breast cancer to boot.) He also prescribes an antidepressant to help with her moods.

At this point the woman is on 5 medications—none of which do a blessed thing about the basic underlying cause of ALL of her issues: Chronic stress and overproduction of cortisol.

That, my friend, is an example of a failure of modern medicine.
Now, the doctor has done what he's been trained to do—look at the symptomology and prescribe medications to address those symptoms.

But as you can see in the example above, that’s not always the answer!

**It's all in your focus**

It’s important to realize that our current modern health system focuses on anything **BUT** health—instead its focus is on the treatment of symptoms, sickness and disease.

They’re two **entirely different things**.

You see, health is NOT merely the absence of symptoms, sickness or disease.

Instead health is a **state of balance** where your body is working like it’s supposed to!

When your organs and systems are all working like they’re designed to, aside from maybe an occasional cold or bug, you aren’t sick!

Plus it’s important to realize that all of your body’s systems are **inter-connected and affect each other**.

The woman I described above is a classic example of this. Her emotional stress (the nervous system) affected her adrenal glands (the endocrine system) which in turn caused a hormonal imbalance that affected her cardiovascular system (high blood pressure) and reproductive system (decreased libido).

See what I mean?

So to just “pick and choose” symptoms without looking at the entire picture can cause many an over-medicated, chronically ill individual that has about a snowball’s chance in you-know-where of ever feeling good.

**So what IS the answer?**

If you’ve been in a cycle of poor health, been given one prescription after another and never seem to improve (or are getting worse!), it’s time to change YOUR focus.

Take the bull by the horns and start to focus on **real health**.

Here are some strategies that can help you get on the road to health:

**Ask questions**

First of all, **don't be afraid** to ask questions of your doctor. If he/she truly cares about you (as so many of them do), they should not be offended if you want more information.

This includes getting second and third opinions if necessary, especially when surgery is recommended.

Ask about side effects of prescribed medications, or better yet, get on the internet and check them out yourself. Doctors are not walking pharmacies and it would be **humanly impossible** for them to know ALL of the potential side effects of every single drug.

Also, ask about trying lower, safer doses of drugs you may be on, or natural alternatives to medications (such as fish oil for high blood pressure or arthritis). Many doctors may not think to explore natural measures simply because they haven’t been asked to!
And if your doctor out and out refuses to answer your questions or discuss your treatment, it’s time to find another.

**Consider a holistic practitioner**

The word “holistic” means whole body—a holistic practitioner looks at the *entire bodily picture* and explores ways to restore health.

Their recommendations may include *dietary changes, supplements or alternate therapies* (like chiropractic or acupuncture). They may also consider recommending prescription drugs but only when necessary or as a last resort.

**Do what you can for yourself**

Don’t think I’ve forgotten about you. *You yourself* must also take charge and help to create a state of good health.

Here are the three of the biggest, most significant steps *you* can take toward saying goodbye to a sickly, diseased, medicated, overweight existence:

1) **Reduce stress**

The health prices of stress can run the gamut and include:

- Low thyroid function (because high levels of adrenal hormones trigger thyroid hormones and eventually your thyroid can become exhausted)
- Elevated blood sugar and type 2 diabetes
- Lowered immune function
- Repeated infections
- Chronic fatigue
- High blood pressure
- Obesity (due to overeating caused by repeated cortisol secretion like with the woman I described above)

Clearly, it’s essential to diffuse or remove stress from your life as much as possible—your health truly does depend on it!

There are many ways to help diffuse stress: Meditation, exercise, yoga, counseling, deep breathing, prayer and seminars, to name a few.

The American Institute of Stress' website may also provide some helpful information: [www.stress.org](http://www.stress.org)

You also might have to remove sources of stress in your life.

One way is to set boundaries. Don't add to your stressors by saying yes to every single favor or commitment that comes your way. Learn to say no when your plate is already full.

*Job stress* may be unavoidable, and if it's temporary, that's one thing. However, if you're in a job that's consistently loaded with stress and you find yourself dreading work every day or losing sleep over it, it's time to find another job.

And if you’re in a personal relationship that is not fulfilling, positive and beneficial to you (or worse yet, is downright harmful or making you miserable), it’s time to get out.

2) **Eat your way to better health**
The simple fact is, the average diet that a typical person eats is by far the **#1 cause of a sickly state of health.**

Here’s what I mean—let’s take peek at what’s on the average person’s plate:

1. **Flour and cereal products** (most of which are highly refined, lacking nutrients and basically break down to sugar in your body) comprise 23% (nearly 1/4th) of our total calories each day.

Refined carbs can raise blood sugar levels, encourage the development of type 2 diabetes, add excess weight and lead to a state of inflammation and pain throughout your body.

2. **We get 17% of our daily calories from table sugar and high fructose corn syrup.** That's a whopping 22 teaspoons of sugar to the tune of 496 calories every single day!

This causes a state of acidity in your body, so it has to use up its own alkaline minerals just to buffer the acid. This is the perfect recipe for deficiency diseases including osteoporosis.

And of course, the sugar **packs the pounds** on your backside.

3. **24% (nearly 1/4th) of our calories come from fats and oils which have been highly processed** and stripped of their naturally occurring antioxidants, vitamins and minerals.

These harmful fats include hydrogenated oils, aka *trans-fats*. Your body can't properly metabolize them and instead must attack them like a toxin. They clog your blood vessels, turn them into French fries and make you a perfect candidate for heart disease, **high blood pressure and elevated cholesterol.**

Plus you're lacking the crucial protection of antioxidants and vitamins against cancers and other diseases.

4. **We routinely eat foods that are hard to digest** (including processed food, fast food and huge restaurant meals).

Poor digestion not only leads to acid reflux, constipation, gas and bloating, but can also cause harmful gut bacteria overgrowth which **can weaken your immune system** and lead to **food sensitivities.**

**And on the flip side:**

5. **We eat only a measly 5% (1/20th) of our daily calories from fruits and vegetables.** Less than one person in every four eats the recommended 5 servings a day!

6. **The average American eats only a meager 15 ounces (less than a pound) of nuts** each year, and those are mainly toppings on** sugary pastries and ice cream sundaes!**

Nuts have been shown in study after study to support heart and brain health, among other things.

With that as our dietary reality, is it any wonder we’re sick, overweight and overmedicated?

So, my friend, if YOU want to say goodbye to a lifetime destined for sickness, you MUST eat for **health.**

Now don't roll your eyes or think I'm talking about existing on lettuce and water!

On the contrary--I'm talking about real, good-for-you foods that not only taste delicious and are **LOADED with**
nutrients, but are easy to prepare and much simpler for your system to digest. I will show you all you need to know in the Great Taste No Pain health system
or if you have gluten challenges, Great Taste No Gluten.
Both systems give you easy to understand manuals that show you why eating real foods and having good digestion is SO effective, and teach you the simple principles you need to know to help break the cycle of sickness and disease.
And you'll also get a recipe book filled with tasty dishes that will soon become hits with the entire family!

3) Bring your gut back into balance

The Standard American Diet like I described above is murder on your friendly gut flora.
And since that's where at least 70% of your immune system resides, the protection of your little intestinal inhabitants is not something you want to be without!
Not only does your immune system help fight infections and viruses, but it also protects you against cancer!
Eating real foods like I mentioned above can certainly help rebuild your flora, but for many people, that's not enough...especially if you've had anything resembling a typical diet or have taken medications for a long time.
That's why a multi-strain probiotic supplement like Super Shield can be so beneficial for so many people.
Super Shield's 13 strains of friendly flora each have their own unique job in terms of how they help enhance your health. More strains means better protection against sickness.
And Super Shield contains both strains of Lactobacillus bacteria (which live in your small intestine) and Bifidobacteria strains (which reside in your large intestine or colon), so this important stretch of your immune system is well covered from one end to the other!
Sad as it is to say, our modern health system is far from perfect. While it has saved many lives, it has not been without its share of failures.
But when you seek out answers and take responsibility for your own health (including changing some of your lifestyle habits!), it can make all the difference in the world in how you feel for the rest of your life!
I can’t think of anything more priceless than good health for the rest of your life.
Can you?
To your health,
Sherry Brescia