

Spring into health and fitness

Spring has at last arrived and with the daffodils flowering and the birds singing we can look forward to some warmer and hopefully sunny days. Many of you will be booking holidays and buying summer cloths. When we start to shed our winter woollies then we notice those extra pounds that have crept on over the winter. The New Year resolutions are long forgotten by the majority so I thought I would remind you of some of the points that can really make a difference to your health and fitness.

How is that new fitness regime going are you still attending the gym or just thinking about it? Exercise is an essential element to good health – we were born to move and even if it is only a good brisk walk to the shops; doing this on a daily basis will bring great health benefits. We should plan to get our hearts pumping for half an hour at least three times a week.

Have you continued with an improved healthier diet this year? The following are my suggestions for how you can really improve the health of you and your family, below are my five tips to get you off to a good start.

The food we eat provides the fuel our bodies need to give us energy. It gives us the necessary nutrients required to repair damage, provide protection from disease and keep us healthy. It is vitally important for health that we have the best diet available to us; foods that nourish us. We live in the fast food age which is having devastating affects on our health; the increase in heart disease, cancer and adult onset diabetes illustrate this fact.

1. One major change that will help you and your family ensure a healthier life is to reduce or better still stop eating processed foods. The chemical additives in these foods are simply bad for our health. This is a plea from my heart – women, and men if it is your responsibility, get cooking. Make it a priority to stop buying ready meals for your family. I know it saves time and there is so much pressure these days to work and still maintain a high standard of housekeeping while supporting your children with all their activities but your family's health is worth it. Maybe you will have to change your priorities. As John Major once said it is time to return to the old values.
2. Providing your family with good healthy food is a responsibility you should not ignore. I highly recommend plenty of fresh fruit and vegetables, locally grown when possible. Lots of variety in the choice of good carbohydrates, wholegrain pasta, rice, beans, and pulses. Buy organic whenever possible, if you can afford it and let us support our local farmers. Why not think about being more patriotic and buy British food; it is better for us because it has not travelled half way around the world and we are helping save the environment at the same time.
3. Reduce the amount of refined sugar in your diet. Refined sugar is the most degenerative substance we put in our mouths. Read food labels, it is horrifying how many items have added sugar which we really do not need and which is responsible for many health problems. Children are becoming addicted to sugar at a very early age. We are now seeing more and more obesity in children and also behavioural problems. Treats are one thing but high sugar food should not be part of their daily routine. Give them fruit and treats that are naturally low in sugar and fat.
4. We should try to reduce the total amount of fat in our diets. Cook with olive oil and avoid margarines and cooking oils that contain trans-fats. Polyunsaturated fats have dangers which are still not widely publicised; when they are heated or subjected to chemical treatment the molecular structure changes to an unnatural one and they become what is known as trans-fatty acids. These trans-fatty acids cause changes in

cell structure and function and it has been stated by scientists that they can cause disease, and accelerate aging. Too much saturated and unsaturated fat is bad for us so reduce your consumption of fat. Choose skimmed milk, bread that has no fat added, grill food or bake and don't forget to take the skin off chicken.

5. There is no better drink than good quality water, it is as essential to health as eating properly. I will explain the reason for its importance: we need water to promote the filtration of the blood, a job performed mainly by the kidneys. The heart, blood and kidneys work as a single functional unit that constantly cleanses and purifies itself, removing all the toxic wastes of metabolism and the harmful substances that enter the body in many ways. This purification system can only operate efficiently if the volume of water flowing through it is sufficient to carry away the wastes. So drink more water, five to six glasses a day is good, preferably filtered; you will quickly see the benefit in how your skin looks; improved digestion and know that toxins are being flushed from your body.

I recommend detoxing at least twice a year and spring is a good time for a nice spring clean not just the house but also your body; there are numerous products available to you. I highly recommend the Tiao He Cleanse which is an organically sourced Chinese herbal cleanse. Many of my Clients have benefited from this cleanse and I detox twice a year myself using this product. While you are taking the Tiao He cleanse you eat normally avoiding red meat, sugary foods, caffeine and alcohol. The cleanse usually lasts for 10 days, the first few days you eliminate rather more than usual but after day 4 or 5 you start to feel some real health improvements.

You can buy the Tiao He Cleanse from my website www.powerforhealth.com and please feel free to email me at lynda@powerforhealth.com with any questions. If you have any health issues do not start a detox programme of any sort without first consulting your doctor or qualified health practitioner.

Lynda Beetham