

Nutrition has recently become a huge concern of mine. Until recently, I didn't realize the direct relationship between what we eat, and conditions including arthritis, heart disease, high blood pressure, high cholesterol, stroke, diabetes, acne, allergies, cancer, autism, ADHD, headaches, irritable bowel, heart burn, overall fatigue, general aches and pains, and many more that affect virtually everyone in our country.

There are certain foods that cause inflammation in your body. You may not feel this inflammation, but depending on your genes, it will cause different symptoms. The scary part about this is that problems can develop for years behind the scenes before you develop any symptoms. For me personally, I have suffered from acne and seasonal allergies. I have been making small dietary improvements for the past few months. I have noticed much clearer skin, and my allergies have been incredibly mild considering the fact that this year is particularly bad for most allergy sufferers because of our mild winter and spring. For my mom, her cholesterol was moderately high. Changes in diet have helped her to lose 10-15 lbs and lower her cholesterol by 35 points!

Since my mom and I have gotten such great results, I had to share these valuable secrets with all of you!

What are the secrets to good health?

Diet- Try eating only foods that our great- great grandparents and beyond would recognize. This means basically fruits, vegetables, nuts, and meats (preferably lean meats, and fish). When you go to the grocery store, avoid the middle aisles and processed food section! If there are ingredients that you can't pronounce, don't eat it! The great thing about eating this way is that because the food you are putting into your body is good for you, it isn't a diet where you feel like your starving! If I ever get hungry, I just eat more fruits and veggies (usually 10-12 servings of these each day!). I avoid foods that cause inflammation such as fried foods, and those with flour and added sugar (breads, muffins, bagels, cookies, cakes, cereals, sodas, candies, etc). Before you look at me like I'm a crazy person and say you could never do this, I challenge you to try it out for just a week! You can do anything for a week, and see how you feel!

Sleep- Make sure you are getting at least 7 hours each night.

Water- Try to drink a minimum of 8 cups of water each day.

Exercise- Try to spend at least 30 minutes each day doing something active.

Stress- Try to reduce stress in your life. I find exercising is a great way to relieve stress!

Are you interested in making some positive changes in your life along these lines, but need more help? Starting the first week of May, Dr. Tripp will be offering a Wednesday night group class to help people do just that! The class will meet twice a month for 4 months! We'll prepare healthy meals and snacks to inspire you, discuss various health topics, and help you come up with easy ways to slowly change your life for the better (and hold you accountable!) Each class is limited to 6 people, so if you want to sign up, or request more information let me know today! To sign up or get more information visit <http://www.beatthecreep.com/group>