

## **Foundational Living / Foundational Nutrition**

(Considered a basic necessity for health – make it your number one consideration.)

Our bodies are phenomenal, intricate, complex instruments for which only God has the blueprints. We are learning more each year, concerning the function of body parts, and how we are put together. There is one obvious, glaring fact: we cannot continue to abuse, and over-use the body and expect it to function at a premium (a 100% level) all of the time.

If you don't make time for a healthy lifestyle, then you need to plan and schedule time to be sick.

There are people who are over-nourished (fat), under-nourished (skinny-skinny), totally out of physical condition (can't walk around the block without being out of breath), depressed, have high cholesterol, low energy, high blood pressure, hyperglycemic, and the list goes on and on. They all have the same question: What herb, vitamin, mineral, potion, lotion, remedy, cure, drug, or what should I be eating, in order to get past this condition?

We are misled when we go to the health food store and find that Gotu Kola will improve memory, ginseng will provide energy, MSM (sulfur) will get rid of aches and pain -- this list goes on and on. It is true that these products have the capability of doing what the manufactures claim. However, if our bodies are out of balance, clogged up (see cleansing), stressed out, reacting to drug side effects, then chances are we will not see the results we desire.

So, how do we get the health we desire? The answer is **back to basics** (setting a solid foundation and supplying the basic building blocks that the body requires for full functioning). The body needs a proper balance of the basic nutrients in order to stay healthy – It also requires that we avoid some of the luxury items that rob us of energy.

One thing is established for certain, the soil no longer has the minerals it once had. Therefore, any plants grown today have a diminished amount of minerals in them. Vitamins come from the synthesis of the sun and plant growth, so theoretically, the plants should be able to provide us with all of the vitamins we need. WRONG. With the fear of passing along some viruses, bugs, bacteria, etc., the manufacturers over-process the food and much of the vitamin content is destroyed. Not only that, most of the produce

we find in the stores today was not allowed to ripen on the vine. It was picked green, packed in nitrogen, shipped to the stores and allowed to ripen in the bin at the store. A plant can't ripen with full nutrient content once it is separated from the root.

This leads me to the conclusion that everyone needs to supplement with vitamins and minerals. These are the essential building blocks that every cell in the body requires in order to stay healthy and duplicate in a healthy manner. One of the fundamentals is that of minerals, both Macro Minerals and Micro Minerals are required for body processes to happen naturally. We need Calcium in order for the muscles to contract properly, for proper heart function, to help the blood clot properly and maintain healthy skin. However, in order for Calcium to be assimilated properly, we must have adequate amounts of Magnesium and Vitamin D available. We could go through each mineral individually and explain which others minerals and vitamins are required in combination to make them work, however, it would take pages and pages to do. Please understand the concept and know that if you're missing just one mineral, you will be asking the body to rob it from another part of the body, causing depletion in that area. You can find out more about *Maximol Solutions*, the product we recommend at: [www.HolisticSpecifics.com](http://www.HolisticSpecifics.com)

In our ever-evolving progressive world, we are exposed to more toxins, chemicals, and stress. These perpetuate the build up of Free Radicals in the body. Free radicals come from cellular oxidation (rusting from the inside). Cellular oxidation, toxins, and stress cause the polarity of a molecule to become positively charged, which then pulls electrons from other molecules, creating unbalance in the body, disrupting cellular health. Free radicals can damage DNA molecules, disrupt cellular function and deplete the body of its energy.

To counteract this build-up, I believe we should incorporate an antioxidant to remove these free radicals. A true antioxidant provides a scavenging molecule, which provides an electron and converts it into an inert state. You will hear different claims about individual ingredients; Vitamin A, C, and E, grape seed extract, white pine bark and others. It is my belief that something is better than nothing, but if you want to have the best, you need to have a combination of the best antioxidants available. A product called Cascading Revenol has 21 different antioxidants combined to provide you with the

protection you need. For more information, go to [www.HolisticSpecifics.com](http://www.HolisticSpecifics.com)

To enhance the digestive function, it is recommended that we ingest from 25 to 35 grams of Fiber every day. Research shows that those who try very hard get no more than 15 grams a day. Be aware that fiber comes in two different forms: insoluble and soluble. Insoluble fiber is indigestible, and as it goes through the intestinal tract, it will act like little scrub brushes cleansing the colon. Soluble fiber on the other hand will absorb water and bulk the stool. Fiber will assist in regulating gastrointestinal transit time, increasing stool weight and will make elimination easier. "*Feeling Good*" is the fiber we recommend and can be found at [www.bodymindconnection.com](http://www.bodymindconnection.com) *Feeling Good* provides a variety of concentrated dietary fibers, providing both soluble and insoluble fiber.

As we said earlier, you can either take time to be well or you need to schedule time to be sick. Remember that the health you enjoy in your life is an option. Make the choice to be healthy today!