



Cornerstone of Life
Healthy Living for Mature Adults

(((Healthy Living Newsletter)))

Nutrition, Health and Happiness- Overview (Opinion) Part 1 See (The Story) at Cornerstone Stone of Life website.

Many years ago when I started my journey on the road to healthy living, all of the information regarding nutrition, how our bodies worked, what food we needed and why most people ended their lives fighting one or more of several serious and debilitating diseases, I found it be very confusing. I thought what a shame because each one of us should be able to understand how to maintain a healthy body and mind. We seem to put more effort into our cars to keep them running properly than we do our health.

Our bodies were created by GOD to work at peak efficiency if we give it proper fuel. In today's world, providing our body with a nutritious diet has become an energy problem. In our industrialized world it has become a major problem in providing the energy we need to live a healthy life. Compared to the way that our parents and grandparents ate, today we would receive a failing grade of "F". The system of moving food from farms and/or laboratories to our homes has become a complicated intensive endeavor that has managed to separate the links between agriculture, food and nutrition. It is very difficult to just talk about nutrition without taking a good hard look at the whole picture.

How has this happened? First, agriculture has become a very centralized industry, with about 3% of the population in the U.S. growing the food for the rest of the population. Then we have more food each year coming from countries like Mexico and China that are dramatically inferior in growing, harvesting and health standards. In our own country we have machines replacing farm workers, and small family owned farms have almost become extinct. Toxic chemicals from petroleum have replaced organic fertilizers and we now have Monsanto genetically modified seeds and unwanted pesticides polluting the soil that grows our food.

Let me give you a list of words and phrases that define today's food and nutrition: Multi-color, Processed, Sugar, High fructose corn syrup, Aspartame, Excito-toxins, MSG, Fortified, Obesity, Disease, Fast food nation, Micro-wave, Genetically Modified, Pink slime, Food colorings of red, yellow and blue, BHA a food preservative. This is just a small list of several hundred additives that are added to our food that takes away any and all nutrients, but makes it taste good.

In part two we will concern ourselves with the nutritional aspects of how foods provide energy, keeping in mind that our patterns of consumption will not only affect our health, but also have much deeper and far reaching ramifications. **STAY TUNED**

Nutrition, Health and Happiness-Micro & Macro Nutrients (Opinion) Part 2

Most of us realize that plants convert energy from the sun, carbon dioxide in the air, minerals and water from the earth into food. We can consume these forms of energy directly, by eating plant foods or indirectly, by eating animals that have consumed these plant foods. Digestion is the process that breaks down what we eat and provides energy to our bodies. This allows us to operate efficiently, keep us healthy and this is what nutrition is all about.

Please understand, beyond any doubt, refined and enriched foods will never include all the original nutrients needed for optimum health. There is such a perfect balance in nature, using the great variety of fruits and vegetables in their natural state, unprocessed whole grains, legumes, nuts and seeds, and free range meats that will provide all of our necessary nutrition.

The three nutrients that are required in larger quantities by the body and make up the bulk of our food intake and provide the body with burnable energy are: Carbohydrates, Proteins and Fats which provide the necessary vitamins and minerals we need. Carbohydrates, proteins and fats are called “macro” or major nutrients and vitamins and minerals are called micronutrients because they are required in much smaller amounts, but play a major role in our bodies. The presence of the proper amount of macro and micro nutrients is essential for energy to be released in the body so it can operate at peak efficiency.

The nutrients which make up the bulk of our diet “macro and micro” are sources of calories in our diet. Because of the overweight and obesity problem in America, the word calorie has taken on a negative connotation. Calories are simply a measurement for energy. Our dietary and nutritional problems begin when the amount of calories or energy consumed, is more than the amount burned up or utilized. The body burns a certain amount of energy just to keep the heart beating, the lungs breathing and other automatic bodily functions like sleeping or vegetating and is called basal metabolism. These functions require about 60 calories an hour. To keep calorie consumption in a healthy perspective a person needs to consume the right proportion of calorie intake to the amount burned off in daily activities. (THIS IS NOT ROCKET SCIENCE) One pound of body weight equals 3500 calories, so whenever you exceed your input by you output, by 3500 calories no matter how much time has passed, you will gain one pound of body weight.

As we have discussed, the most important thing is to make sure the food you consume has all of the necessary nutrients, such as vitamins, minerals, enzymes, etc. It is very important to

steer clear of “empty calorie” foods that supply calories and fill your belly but contain no nutrients. America is a **FAST FOOD NATION** and it is **KILLING US**.

STAY TUNED, parts 3 and 4 coming in the next issue of HEALTHY LIVING ALERT.

In Part 3 we will discuss Carbohydrates, Proteins and Fats in detail

In Part 4 we will discuss Vitamins and minerals in detail.

10 THINGS YOU DIDN'T KNOW ABOUT VITAMIN D

1. The flu risk is profoundly reduced by sunlight and vitamin D optimization. There are numerous studies in reference to the attributes of this powerful nutrient. One study showed that a group of 100 women who took “D” supplementation reduced their risk of winter flu to zero, compared to 24 cases of flu in another group of 100 who were given a placebo. There is no reason to ever have a flu pandemic.
2. Melanoma is not caused by sunlight exposure says a study linking vitamin D levels to certain types of cancer. One study showed that those people who always used sunscreens to stay out in the sun longer had 8.7 times the risk of melanoma as those who never used sunscreens.
3. Breast cancer risk is reduced up to 65% in women with high levels of vitamin D through sunlight exposure and supplementation.
4. Studies have shown that people classified as obese have been found to have low levels of vitamin D in their blood.
5. Sunlight is a “drug-free” antidepressant. Depression is remarkably reduced by sunlight exposure.
6. Studies have shown that ovarian cancer is much greater in northern states than in southern states. Ongoing studies have traced a link to vitamin D and sunlight exposure.
7. Studies have shown that sudden death from heart attacks is 2.4 times more likely in those with the lowest vitamin D levels compared to those with the highest levels.
8. Multiple sclerosis is virtually non-existent among people living at the equator. Is sunlight exposure the protective factor?
9. Studies have shown that high sunlight exposure reduced the risk of 18-20 major cancers.
10. Immune system function may be profoundly improved by treatment with vitamin D supplementation.

There are too many science and medical studies to ignore the major benefits of vitamin D. It is important to use Vitamin D3, as the absorption rate is quicker. Dosage can be anywhere between 2000 and 10,000 IU daily. Please check with your medical adviser.

THE BATTLE IN YOUR BELLY

Why is maintaining a healthy gut crucial to preventing cancer and other disease? It is said that roughly 80 percent of human health and immunity originates in the gut. Nearly every week, there seems to be a new study showing that the gut is involved in more than just digestion of food. A current study published in the *Journal of Clinical Investigation* has found that poor gut health is directly responsible for causing cancers that would be blocked intestinally, to enter the body and proliferate.

Other research focuses on the bacteria (microbes) in the gut. Trillions of beneficial bacteria inhabit our digestive tract, promoting health and protecting us from most diseases. The bacteria in the gut can be destroyed or diminished by many reasons such as dietary and lifestyle habits, stress, alcohol, junk foods, processed food, antibiotics and lack of good nutrition. If you do not maintain optimal intestinal flora (good bacteria) vs. (bad bacteria), the intestinal wall breaks down and you have a condition called “leaky gut syndrome” which becomes a portal for bad stuff outside to leak into your blood stream and cause all kinds of problems such as inflammation and cancer. **The entire intestinal environment** has been specifically designed to protect the body from foreign invaders such and toxins, harmful organisms and malignant cells. Because of these foreign invaders, our defenses are broken down and the intestinal lining gradually loses its ability to protect the body against harm, sickness and serious diseases.

Irritable bowel syndrome, Crohn’s disease, Ulcerative colitis, Inflammatory bowel disease and many other intestinal problems are the direct result of a gut that has been compromised by things like a bad diet, vaccines, GMO’s, antibiotic’s and a lack of probiotic foods. These conditions can be effectively mitigated and even reversed through improved diet and supplementation with probiotic foods and nutrients. Numerous studies have already found that probiotics are effective at preventing cancer due to their ability to maintain and improve the integrity of the intestinal lining. **Antibiotic** means against the body and **Probiotic** means for the body.

Thank-you,
Dennis Shollenburg

Disclosure

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