

Choices, choices

Maybe the new year is the time for you to consider making a CHOICE that can help you improve your health.

We know that a balanced diet and regular exercise can help keep our hearts healthy. Indeed, researchers say there are lifestyle changes we can make to improve our odds against diseases, including cancer. Balanced, healthy living is also an effective way to enhance your immune system to prevent the flu, a wise CHOICE. It is always much better to prevent an illness than to try to cure it!

First of all, remember that GREEN is the color of LIFE and HEALTH. Start each day with a positive attitude and a nourishing green drink made in a blender using pineapple juice and all of the dark greens you can find (kale, chard, spinach, parsley, broccoli, collards, etc.). For a boost of energy, add flax, chia and sesame or hemp seeds.

Here's a rule of (green) thumb: "If it's *from* a plant, eat it. If it's *made* in a plant, don't!" Garlic is a wonderful natural antibiotic. Homeopathic remedies, natural herbs and raw foods such as raw local honey and elderberries can help prevent the flu. Sugar compromises your immune system. Eliminate all sugars and synthetic sweeteners such as Nutrasweet, Splenda and aspartame from your diet. Try using raw honey or Stevia instead.

Controlling your weight, eating a plant-based diet and being physically active are all CHOICES you can make to strengthen your immune system. The CHOICE is yours: either follow Biblical principles or turn to the ways of this world and fill your body with drugs that often have negative side effects.

Ask God to lead you to make the right CHOICES in 2013.

Grace Lefever