



## Going Green: A Key to Health

by Kathleen Kanavos

"An ounce of prevention is worth a pound of cure." This famous quote by Benjamin Franklin is the answer for just about anything. But, what is the key to prevention? A healthy body dispels disease.

We are spirit inhabiting body. How we feed our spirit is half the prevention. What we feed our body is the other half.

Most Supermarket foods have been altered. Prepared foods contain refined sugar, salt and fat. Anemic farm-raised seafood, meats full of growth hormones and antibiotics, and genetically-altered grains have become the norm. We don't need to be part of that norm.

It's time to take a stand for health by ignoring "altered" and favoring organic. When you don't stand for something, you'll fall for anything.

Many people use the excuse, "Organic costs more than conventional." Illness is also very expensive.

Going organic does not mean going broke. Some supermarkets realized they were losing customers to health food markets and began stocking certified organic produce, wild fish and antibiotic and hormone free meats.

Unfortunately, America the Beautiful has become Obese USA. Here is another key to prevention: Less is more.

Less food is healthier. "But I don't want to be hungry all the time!" a friend said. The key is a nutritionally balanced diet. Altered foods have been programmed to trick the body into eating more because it is nutritionally unsatisfied. A vicious eating circle ensues that financially benefits the mainstream food industry.

Here is another key that appeals to self-image, and can be used on teenagers eating a Big-Mac, "No matter how good that fattening food tastes, it will never be as good as skinny-healthy feels."

Here are some things I did to become healthy again during my treatments:

- Juiced daily with organic fruits and vegetables
- Limited dairy intake and only consumed organic including eggs, cheese and milk
- Ate raw foods whenever possible





We can survive for weeks without food but not for long without water. Our bodies are made up of 60-70 percent water. But, is it healthy to drink?

Bottled water is expensive. Are water companies protecting us or taking our wallets for a ride, or are our municipal water works taking our health for granted?

A four-year scientific study recently made public by the Natural Resource Defense Council (NRDC) had disturbing findings. It proved that bottled water sold in the United States is not always filtered and not necessarily cleaner or safer than most tap water. So why don't we save our money and drink tap water?

An investigation by the Associated Press (AP) revealed a vast array of pharmaceuticals in municipal drinking water that included antibiotics, anti-convulsants, mood stabilizers and sex hormones. These drugs were found in the water supplies of at least 41 million Americans and in 24 major metropolitan areas - from Southern California to Northern New Jersey.

If tap water contains traces of prescription drugs and bottled water is no safer or cleaner than tap water, what choices are left to us? The answer may be in-house water purification systems.

Water purifications systems are as individual and numerous as the people who buy them. While battling breast cancer, I had water purification systems installed that purified all the water in my homes. If I didn't want to drink it, I didn't want to bathe in it either.

My system of choice was RO - Reverse Osmosis, a professional filtration system with a 4 to 5 stage water purifier system with filter activated carbon pre-filters plus an ultraviolet light. Each stage removes certain types of contaminants, and all stages combined protected me from just about every contaminant.

Ladies, we have a responsibility not only to ourselves, but to those for whom we care and love. We are the universal caregivers. What we do in life will teach others about complete health, body and spirit. What they learn from us will serve them well into the future. Lead by example. That is the master key to a green healthy life for generations.



#### KATHY RECOMMENDS...

What I used on my body during treatment was as important as what I put into it.

Most antiperspirants contain aluminum. Some test results claim aluminum in antiperspirants is not a health risk while others disagree. I'd rather be safe than sorry. I chose aluminum-free and never

regretted it.

The products I've used and listed are available in most health food markets. I am including contact information for anyone house-bound.

Dr. Browns (Dr. Bronner) Magic vegan soaps:

[www.drbronner.com](http://www.drbronner.com)

Tate's Natural Products: [www.ourtatefamily.com](http://www.ourtatefamily.com) or call (404)561-5357

Natural Miracle Toothpaste

Natural Miracle Cream (great for removing make-up)

Natural Conditioner Spray (for dry hair & skin)

Tom's of Maine: [www.tomsofmaine.com](http://www.tomsofmaine.com)

(gluten & alcohol-free toothpaste & mouthwash)

**Aluminum Free Deodorants:**

Avalon Organics: [www.avalonorganics.com](http://www.avalonorganics.com)

Jason: (aluminum & parabin-free) 1-877-Jason-01

Aubrey Organics Inc.: [www.aubreyorganicsinc](http://www.aubreyorganicsinc)  
(comes in spray)

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