

LifeStyleCare Coach
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Note: Some of these risk factors are discussed separately, in more detail, in other writings available on www.lifestylecarecoach.com/resources

Killing You Softly...9 Risk Factors That Can Make You Sick—And Fat

Millions of Americans have little idea how to reverse decades of suffering from chronic illness symptoms, obesity or food and eating issues simply because they lack important information about the underlying causes of their problems or they have not been provided with the simple procedures to follow take to make effective changes. More than 50% of Americans fall into the overweight or obese category. And since 80% of all problems requiring medical services are preventable—caused by lifestyle choices—once you know what your risk factors are, you can take charge and set yourself on a healthier course. These overwhelming statistics reveal an alarming trend. Today the most common and costly chronic, preventable illnesses among people over the age of 50 include: diabetes, hypertension, arthritis, heart disease, high cholesterol, chronic lung disease, asthma, osteoporosis, obesity, stroke and cancer. Aging beyond 50 does not cause these chronic conditions. However the lack of adequate lifestyle care very likely does. A comprehensive nutritionally based program that eliminates risk factors, provides internal cleansing, and strategies to help you want to eat a nutritious whole foods diet, can help reverse or prevent many chronic symptoms and premature aging, as well. We all know what we need to do on our own; we just don't do it!

Killing You Softly...9 Risk Factors That Can Make You Sick—And Fat presents information founded on sound scientific and nutritional principles. Its goal is to show you how to eliminate the effects of your risk factors. If you have arrived at the point where you are no longer willing to accept not feeling healthy and vibrant then *Killing You Softly* can start you on your journey to success. Understanding the underlying biochemical issues that prevent healthy lifestyle choices is a good starting point. It is easy to tell someone to just quit smoking—but if there is an addiction to nicotine, that advice is not necessarily productive. It is easy to say that someone needs to eat less and exercise more, but if they have food allergies, emotional eating issues, or other metabolic problems, it may not be possible for them to do that. While recommending an exercise program would seem beneficial, many people don't have the energy to exercise.

Each of the 9 risk factors is discussed individually since they are unique to each person. You will find interrelationships among the ones you do have. The information now is at our fingertips to be successful in almost any endeavor. I only caution that you not choose depth of knowledge in place of depth of practice. Hopefully the information will be interesting and motivating, however it is not knowledge that will eliminate your risk factors. What you *do* makes the difference. You don't really need to know why or how any of it works. You just need to work it to rid yourself of each of your risk factors. The first step is to assess which risk factors you have. Along with your physician, your health and wellness coach can help you custom-design your comprehensive plan and order laboratory tests to determine, without a doubt, which of the risk factors apply.

The 9 Risk Factors Killing You Softly include:

Nutritional Deficiencies

Imbalanced Brain Chemistry

GI Tract Damage

Heavy Metal Toxicity

Metabolic Challenges

Excess Sugar/Carbohydrates

A Confused Food Plan

Emotional Eating Patterns

Physical Inactivity

#1 Nutritional Deficiencies

Your nutritional deficiencies can be caused by several factors. Perhaps from either lack of feeding or lack of lack nutrients in your food (junk, processed foods, etc). Even unprocessed foods may be lacking the vitamins and mineral content since often they are grown in mineral depleted soils and processed with practices that destroy nutrient quality. Many foods are laced with toxins which prevent nutrient assimilation. Nutritional Deficiencies are a main cause of many of today's health challenges. For more information Please refer to *Back to Eating Whole, Real and Clean* at www.lifestylecarecoach.com.

#2 Imbalanced Brain Chemistry

Neurotransmitters are our brain's hormones for cell to cell communications affecting our metabolism, moods, attentiveness, ability to focus and thinking processes. They are made naturally in our bodies for optimal body and mind performance. The building blocks for neurotransmitter production are nutrients—amino acids from protein sources, vitamins,

minerals, essential fatty acids and enzymes. Nutritional deficiencies and obstacles to absorption and assimilation are also the main causes of neurotransmitter deficiencies. Please refer to *Rebooting Your Brain without Sugar, Drugs or Alcohol* and *ADHD* <delete at www.lifestylecarecoach.com.

#3 GI Tract Damage

The GI tract has been compared to a plant's root system. For humans, the job of the GI tract is the same as that of the plant's root system. The GI system takes in nutrients in the form of food, digests them to extract out energy to pass along to our cells via the bloodstream and then, eliminates the leftover wastes from our body. It is a good root and route system that has worked for millions of years. Today though, due to a decline in the quality of our food sources and our environment, our GI tract perhaps needs more care and better feeding. Identifying GI tract "invaders" is necessary. Ignoring the critters that can cause chronic disease symptoms will not make them go away. Finding them and using treatments will improve your health and help eliminate your risk factors. We need to pay attention to and remove all of these:

- Yeast overgrowth and other fungi
- Parasites/Worms
- Toxic Metals
- Food Additives Bacteria/Viruses
- Food Allergies/Sensitivities

#4 Heavy Metal Toxicity

The term heavy metal toxicity refers to any metal chemical element that has a relatively high density and is toxic or poisonous at low concentrations. The three most polluting heavy metals are lead, cadmium, and mercury. Other toxic metals include arsenic, antimony, aluminum and tin. Toxic metals can enter our water supply by way of industrial and consumer waste, from acid rain breaking down soils and by being released into streams, lakes, rivers, and groundwater, or from the air and through food sources.

More problems than we originally knew seem to be caused by metal toxicities interfering with normal body functioning, especially in the brain and the GI tract. There was a time when metal toxicity seemed only a threat for industrial workers, but in recent years, air, water and soils, contaminated with toxic levels of metals, have taken their toll on the general population. Most of these metals were present in our environment only in minute amounts until recent centuries, when the orientation toward industrialization and production brought about our many technological advances.

Under optimal conditions, the body is able to clear many of the toxins it picks up by eliminating them through urine, sweat, and feces. But when our natural means of elimination are reduced, or our exposure is increased beyond a level we can easily clear, we begin to have problems. Many people find themselves at that stage.

Heavy metals cause problems by displacing or replacing related minerals that are required for essential body functions. In other words, they successfully short-circuit our normal body processes. For example, cadmium can replace zinc, and lead displaces calcium. When this happens, the cadmium or lead is stored in the bones or other tissues and becomes harder to clear, while the important functions of zinc or calcium are not carried out. Metal toxicity affects all organ systems and can result in wide-ranging and non-specific symptoms. The central nervous system (CNS) is especially susceptible to damage from metals.

There is also direct injury to our cells by the toxin, but perhaps even worse is the effect of the toxin's oxidized metabolite. A metabolite is the by-product (the left-over) of the toxin after our body breaks it down. Additionally, the effect the toxin has on our immune or autonomic system's response can cause a hypersensitivity reaction and affect GI tract function.

#5 Metabolic Challenges

Specific Metabolic Challenges may be at the root of many health challenges. For the overweight/obese, several metabolic issues are likely to be related to thyroid/adrenal problems. And for those without weight issues their metabolic challenges may be related to the pancreas causing diabetes or insulin resistance (pre-diabetes), among other conditions.

Historically, the job for the adrenals was to get the body set for fight or flight in times of danger and/or physical harm. Its design was for short, infrequent periods. Unfortunately, with our fast-paced lifestyles today, many of us live under constant stress; we may be continuously over-worked, undernourished, exposed to toxins, filled with daily family or financial worries and have little time or skill for rest and recuperation. Even when we are relaxing, we may not be relaxed! Our adrenals can really get stuck on high. Adrenal fatigue has been indicated in conditions like fibromyalgia, hypothyroidism, chronic fatigue syndrome, arthritis, obesity, and even premature menopause.

The role that cortisol plays, is an important one, too. It is cortisol that helps change protein into energy and helps the release of stored glycogen (sugar) from our liver. When cortisol level is high for a short time during times of stress, this is beneficial. Constant high levels of cortisol in the body however, are destructive to muscle, bone and normal cellular

function. Gradually, higher levels of cortisol will break down the body. The endocrine, metabolic and immune systems along with brain functioning eventually become compromised. Metabolic challenges are very complex and usually require the assistance of a physician specializing in these areas.

#6 Excess Sugar/Carbohydrates

Processed carbohydrates have no nutritional value except as sugar and are high in calories. Also, sugar is high on the list of the artificial replacements for our natural serotonin and dopamine neurotransmitters. We now know that yeast overgrowth causes havoc on the digestive system and has cascading effects on other organ systems, including the brain and immune system. Yeast grows and thrives on sugar/carbohydrates. Metabolic challenges due to excess Sugar/Carbohydrate lead to insulin resistance, which can result in diabetes and complicate thyroid/adrenal problems.

Understanding the connections between excess sugar/carbohydrates, and the other risk factors discussed previously may motivate you to start to make changes that will positively impact your chronic symptoms. *I mean really understanding and accepting, that for you, Excess Sugar/Carbohydrates may be a debilitating risk factor.* In addition to intellectual understanding, it is important to know at a gut-level, the connection between several of the risk factors and excess sugar/carbohydrates, if you are to bring your body back into balance.

It is difficult to separate out or negate a food group based upon belief systems that millions of Americans follow. I maintain that when I recommend the elimination of excess sugar/carbohydrates, I am not referring to a diet. *It is more radical than that.* It requires putting carbohydrates back into proper perspective as nutrients—not as tasty foods to rev up physical energy and slow down emotional swings. It requires balancing carbohydrate load to fit your body's ability to absorb and assimilate them; and it requires discrimination between nutritious and non-nutritious carbohydrates. We must each settle our affairs with sugar/carbohydrates if we choose to rid ourselves of chronic disease symptoms.

No food, in and of itself, is either good or bad. Food can only be tasty or not, caloric or not, nutritious or not, preferred or not, absorbed and assimilated, or not. And it is not what the sugars/carbohydrates have done to us; it is what we have done to ourselves with sugars/carbohydrates. As Americans, we are slowly waking up to the consequences we have to face for the things we have done to our earthly environment. It's time to wake up quickly to the consequences for the things you have done to your most personal environment, your

body, and to accept the consequences for the state of disrepair you may be in, due perhaps to your excess sugar/carbohydrate consumption.

#7 A Confused Food Plan

If you suffer with chronic symptoms, are of a higher weight or plagued with food or eating issues, there is little doubt that the food plan you are following now, is not in your body's best interest. This is due in part to the food companies that have created tasty non-food choices carrying the correct ratio of sugars and fats to become addictive, leaving us overfed yet often undernourished. Additionally, the role we as individuals have placed upon food and eating—social, emotional satisfaction, convenience—has not been in our best interest either. The choice is a food plan that is bio-chemically correct for your body.

Just consider the basic nutritional facts. Food sources are categorized into proteins, fats and carbohydrates as a way of distinguishing what role they play in our body's life processes to supply our body's biochemical needs. Proteins supply the amino acids, which are the building blocks of all cells and cellular activities necessary for life. Fats provide the essential fatty acids, which our body cannot make without certain foods. These, too, contribute to the natural health of our cellular structures and are the building blocks for hormones. Complex carbohydrates supply vitamins, minerals and sugars, which are necessary for additional energy production along with fiber, critical to digestion and assimilation of nutrients.

*The outcome we are looking for is to feed our body the nutrients it needs for optimal health and weight balance, to satisfy our hunger and be free of food craving—while matching our physical requirements with our body's ability to absorb and assimilate the food we eat. Though we are all alike in our basic physical structures no two of us are the same metabolically. How our bodies assimilate and metabolize what we eat is unique to each of us. What works optimally for someone else may not work at all for you. Any dietary recommendations, also must take individual body chemistry into consideration. If your cells are nutrient-hungry while you are overfeeding, your body is on a collision course for disaster and disease. For more details refer: *Back to Eating Whole, Real and Clean.**

#8 Emotional Eating—A Learned Behavior

People either learn to acknowledge their feelings or to deny their feelings, but either way, they may or may not have learned to connect these feelings to eating.

Some people wouldn't be able to think about food, let alone eat it, if they were emotionally upset or experiencing intense feelings of any kind, including being physically

fatigued. Others, in the same situation would be able to think of nothing else. I am referring to the "I eat when I'm happy; I eat when I'm sad; I eat when I'm hurt; I eat when I'm stressed; I eat when I'm tired, I eat when I'm anxious or I eat when I'm afraid —people. The connection between emotions and eating is a learned behavior and it can be unlearned. Emotional Eating is not directly tied to your biochemistry. Anxiety or low mood feelings that can trigger this behavior may be due to biochemical imbalance, but the habit of connecting the emotion to food and eating through those emotions is not. Whether the emotion is positive or negative, striking a balance and honoring the emotion is necessary if Emotional Eating is to be eliminated. Normal eaters do not use food to balance emotions. They just eat when they are hungry and don't use food to soothe emotions. They may experience the very same feelings as the emotional eater but they do not connect food to these feelings. For more details on this risk factor refer to: *Eating Your Heart Out* on our website www.lifestylecarecoach.com.

#9 Physical Inactivity

The Upside of Exercise

People are healthier, have more energy, sleep better and may even live longer if they are physically active. Even a moderate amount of daily movement can significantly improve overall health, well-being and quality of life. Yet the majority of American adults do not exercise or even regularly move their bodies. Overcoming any obstacles to physical activity may be the place to start, taking small steps. Finding motivation will become a personal search. The key is to uncover an intrinsic value that motivates you. You will be motivated to move (or exercise) when you relate it to a good feeling. It may be as simple as being able to be active enough to enjoy time with a child or grandchild. The simplest good feeling is all that is necessary.

Some Tips For Getting A YES To Exercise

Learn to breathe
Start moving
Stop exercising to lose weight or to have a better looking body!
Choose the exercise that suits your personality
Choose the exercise that suits your body type
Start your day with exercise
Fire your saboteurs
Take Up a sport
Change your motivators

For your personal or organizational requirements for coaching, seminars or workshops, please contact Lynda. 239-330-4414