



Story by Suzanne Takowsky

*“Baby boomers grew up in what I call the ‘Pharmaceutical Era’ and were told there was a drug to cure whatever ailed us. We now know decades later that many drugs we took carried more side effects than the illness.*

*Drugs should not be taken unless absolutely necessary.*

*If someone needs a specific medication they should take it...but as a bridge to get to the other side which is health. It doesn’t stop there; change is necessary.*

*What people forget to ask is the most important question: What caused me to get sick in the first place? Answer: poor nutrition.*

*If you want to be healthy, your body must be fueled properly. Would you expect your car to run on an empty tank? Why expect your body to function without the correct vitamin, mineral and amino acid levels only provided with a balanced nutrition.”*

*—Valerie Saxion*