

# My hometown is waking up...are You?



## *Regaining Our Health part 1*

This journey helping others regain wellness is an exciting one. From the “Natural Mommy”s building their childrens’ innate immune systems, to the monthly [Nourishing the Lakeshore \(Century Club\)](#) and Let’s Talk Wellness meetings ([Unity of Muskegon](#)) to the clients eager to reduce their medications due to side effects, to those who just want to eat better shopping at [Sweetwater](#), we are waking up. People in and around Muskegon are learning that what they put in their mouth and on their body affects how they feel. And then there are the fermenting classes and Fermenting the Lakeshore group, but we’ll talk about that next time.

New people approach me every week asking what they can do. Everyone knows someone, often themselves, with aches and pains or a diagnosis of an auto immune disorder. So many have GERD or other digestive problems, achy joints (aka digestive problems), hair loss, mood issues and weight gain (especially around the middle). How about you?

The imperative here is self-EDUCATION.

The answer to these issues is complicated and yet very simple. Healing boils down to reducing our toxic exposure and increasing our intake of nutrients to build strong bodies/immune systems. However, with so much profit driven mis-information out there, figuring out what to do is

confusing.

Let's look at our food. Our supply has gone toxic – from [GMO seeds](#) (i.e. corn, soy, sugar beets, canola, zucchini) to [pesticides](#) used on those seeds, to the harmful [processing of our milk](#) and [animal products](#), to the [over-hybridized wheat](#) which is making everyone gluten sensitive. And don't even get me started on [excitotoxins](#) like [MSG](#), [aspartame](#), and [splenda](#) that give people the impression diet sodas help them lose weight (when the reverse is true).

[Personal care products](#) are filled with carcinogens and toxins. We can't quantify yet how much they contribute to [obesity](#) and illness. Then add [chemical cleaning products](#) and [air fresheners](#) and our personal toxic load goes over the edge into illness.



What's the answer? Clean up – your personal care regimen, [your cleaning supply closet](#) (vinegar is great), and any other product you use at home, work or in your car.

Another step, of course, is getting safe, clean, nutrient dense foods to build your body. Yes, you are what you eat, and this is serious. Your [source for dietary information](#) must be objective and without a motive for profit (the USDA has a goal to sell agricultural goods – remember this). I have [helpful articles](#) and [recipes](#) on my site that I use to educate people back to the radiant health that is their birthright. If you haven't already, I encourage you to work your way through the articles on my [START HERE](#) page with links to other researched pages I trust.

We will talk soon about the gut microbiome – part 2 of Regaining Our Health

Wishing you **real food** for **real health** so you can be **real happy**.

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