

# Foundations Of Good Health

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# *The Foundations of Good Health*

by

Lois Francis

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Hi,

I'm Lois Francis and for the past 20 years I've been involved in primary health care.

I'm an acupuncturist and NLP practitioner and I'm passionate about health.



Since graduating from my Acupuncture College, I've

- Studied and have qualifications in counseling
- Nutrition
- Neuro Linguistic Programming.
- My major post-grad project was research into the function of acupuncture points and my work is still used today in the college where I trained and taught.
- I co-owned and ran a thriving health store with integrated complementary health clinic.

It's my firm belief that we all have a right to be well and that given the right guidance on diet and lifestyle we can really take responsibility for our own state of health.

I've seen hundreds of patients in my years of practice and I take a real pleasure in seeing how people can make huge differences to their health and wellbeing, given the right information.

My website **[www.healthandwellbeingnews.com](http://www.healthandwellbeingnews.com)** is a culmination of years of research and information gathering. I'm delighted that it's now available to you as a **FREE** resource to help you to take control of your health.

Weekly newsletters, delivered direct to your email inbox, are packed full of up to the minute advice, aimed at making healthy living easy.

Please take time to read this complementary e-book, I know that it will give you a great grounding for improving your health and wellbeing.

Do look out for my emails, I'll do my best to bring you the latest articles & research which will help you make informed choices about how you care for your health.

Best wishes

Lois Francis

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## *Why is healthy living important?*

We are each of us born into a physical body which has to last us for our entire lifetime. Despite medical advances such as heart and lung, kidney and joint replacements, we still exist in the same physical “shell”. Doesn't it make sense to take the utmost care of your body, so that you can enjoy your life to the full?

What do we mean by good health? For some it is the absence of pain or disease. For others it means being able to lead an active, fulfilling life with an abundance of energy and happiness. Whatever your model of good health is, you are responsible for your own state of health and therefore your experience of life.

I know that is perhaps a challenging statement for you, but ultimately we are each responsible for our state of health in our body, mind and spirit. Illness doesn't just "happen" because you are unlucky, it has everything to do with the way you live your life.

Many people believe that as we get older, we should expect to have aches and pains, put on weight, become less active and generally experience a decline in health.

I want to challenge that view, as I believe that if you make healthy living a part of your everyday life, there is no reason why you should not continue to enjoy good health throughout your entire life.

At Health and Wellbeing, we define healthy living as eating nutritious foods which nurture your body, using food supplements and herbs to support your system, exercising your body appropriately and taking adequate time for rest and relaxation.

So what does that give you? A strong body which can digest and absorb food efficiently, giving you plentiful amounts of energy, an immune system which can withstand viral infections, an absence of aches and pains and having a generally positive and optimistic view of life.

But is that reality for most of us?





In 2005 the Institute for Optimum Nutrition (ION) conducted a survey of over 37,000 people's health and diet, the results of which were presented to the UK Government at the House of Commons. The results of the survey were shocking.

The first part of the study investigated the state of people's health in Britain. Only 6% of those surveyed were in 'optimal health', 50% said they had moderate health and 44% were in poor health.

- 80% of people reported low energy
- 62% become easily tense or anxious
- 64% of women suffer from PMS
- 46% suffer from depression
- 81% of people fail to have a bowel movement every

day

- 64% suffer from abdominal bloating
- 46% suffer from headaches and migraines
- 50% have more than 2 colds or flu a year
- 40% find it hard to shift an infection

Interestingly, 79% of the people surveyed had not consulted their doctor within the past year. “The survey shows that most people are ‘vertically’ ill. Still upright, but not feeling great.” said Professor Patrick Holford, founder of ION. “Doctors deal with sick people, the ‘horizontally ill’, but what the survey shows is that most people are living with low energy, aches and pains that are preventable with simple diet changes.”

The second part of the survey defined what kind of diet was associated with health. The results show that the worst foods for health are:

- sugar and caffeinated drinks (tea, coffee and cola)
- red meat
- wheat
- dairy products (milk and cheese)

The best foods for health were

- fruit and vegetables
- nuts and seeds
- oily fish
- drinking water

People who drank eight glasses of water a day were twice as likely to be in optimal health. While the report endorses the Government's '5 a day' campaign, it found that the healthiest people ate 8 or more servings of fruit and vegetables.

The negative effects on health of eating sugar and sugary snacks was **five times worse** than the positive effects of eating fruit and vegetables. The survey shows that government campaigns to curb sugar and caffeine consumption would do much more for the nation's health than just eating more fruit and vegetables.

It also shows that the conventional wisdom that a well balanced diet should contain plenty of dairy products and bread, is wrong. The survey found that the healthiest people were the lowest consumers of wheat and dairy products.



Amidst growing fears that high dairy consumption is linked to increased rates of breast and prostate cancer, and recent discoveries that 1 in 100 adults are seriously allergic to gluten in wheat, the survey results confirm what nutritionists have been saying for years.

The New Optimum Nutrition Bible by Patrick Holford corroborates the survey results. In the book, he extols a diet closer to that consumed in Asia, where breast and prostate cancer are virtually unheard of, with less meat, more fish and very little milk and wheat, substituting oats, rice, plus other grains. He also recommends eating more beans, lentils, nuts and seeds.



You'll find this dietary approach explained in a lot more detail in Patrick's various books. I particularly like the Low GL Diet cookbook, which incorporates his latest thinking on diet and keeping blood sugar levels stable.

You'll also find lots of low GL recipes in our weekly newsletters.

## *The Benefits of Change*

While the survey showed an immensely strong association between diet and health, this is not the same as proving that poor diet causes poor health. So, the third part of the survey set out to change people's nutrition and measure the results.

Twenty nine members of the public, who had taken part in the survey, attended a two day Patrick Holford 100% Health Workshop, learning all about what optimum nutrition really means.



At the same time, twenty two senior managers received one-to-one consultations with a nutritional therapist. Three months later their health was reassessed and showed a massive improvement. Energy levels had gone up by 25%, the majority of women no longer reported PMS and most of those who were overweight lost weight without trying.

Along with Patrick Holford, I believe that many of the diseases of the affluent Western Society such as arthritis, high blood pressure, heart disease, stress and diabetes are preventable and can be reversed to an extent with diet

improvements. This challenges the medical view that such conditions are “illnesses” and as such should be treated with drugs.

Preliminary results from our own research show that food intolerance affects many people with digestive problems such as I.B.S. Eliminating wheat and dairy from the diet has brought improvement in symptoms for 91% of the people surveyed. This is a staggeringly high percentage of people who didn't previously know that wheat and dairy consumption was actually creating their symptoms!

You can test yourself for food intolerance using a simple pin prick blood test kit. I recommend the Food Detective Kit which you can purchase online from [www.bodykind.com](http://www.bodykind.com). It's a lot cheaper than some blood tests on offer and will give you enough information to help you make sensible changes to your diet.



## *Medical Intervention Leading Cause of Death in USA. Where America leads the UK follows.....*

Figures to come out of America reveal that in 2001 Heart Disease killed 699,697 people, Cancer killed 553,271 and medical intervention killed 783,936. There is a lot of press coverage given to MRSA and DVT killing hospital patients but little mention is made of medical error (98,000), adverse drug reactions (106,000), surgery and unnecessary procedures (69,136), hospital acquired infections (203,000).

It has now been accepted that approximately 850,000 patients in NHS hospitals in the UK will experience a medical error every year. Most will suffer no permanent damage. However, it is estimated that 68,000 will die, and although a half of these are terminally ill and would have died anyway in spite of the medical error, it still leaves 50% or 34,000 unnecessary deaths every year, the approximate equivalent of two Jumbo jets crashing each week. Every year in the UK one fifth of the 850,000 victims of medical errors are left permanently damaged, this amounts to 170,000 patients every year!



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