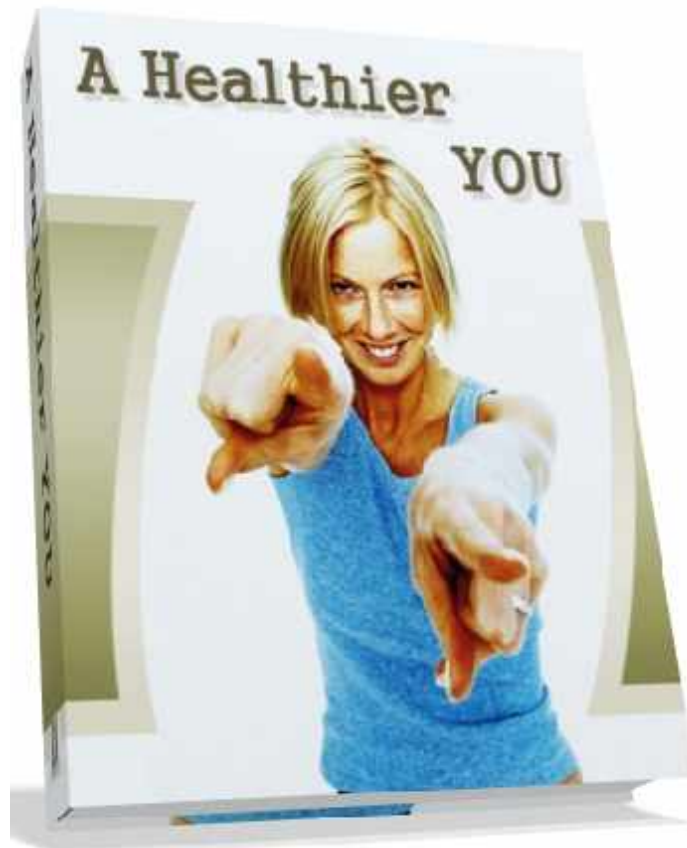


# A Healthier You

Secrets to a Healthier, Better Self



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## INTRODUCTION

‘A wise man should consider that health is the greatest of all blessings’ – *Hippocrates (470-410 BC)*

It is one of the great paradoxes of our lives that, at a time when the human race is becoming ever more sophisticated and technology continues to develop at a phenomenal pace, it is actually getting harder every day just to stay fit and healthy.

While everything about modern life would suggest that it should be so much easier to keep ourselves in tip-top condition, the reality of daily life is very different indeed.

Health care standards are undoubtedly far, far higher than they were even as recently as twenty years ago.

With the aid of technology, the boundaries of medical science are being pushed back far more quickly than ever before. As a result, medical professionals are able to isolate more and more illnesses and diseases that were previously not understood.

Medical care standards have also skyrocketed.

Technology is increasingly utilized to help uncover secrets that would probably remain hidden were it not for these advances.

Gymnasia and fitness clubs continue to spring up on almost every street corner, and most of them are still booming.

Life is arguably safer too.

Sure, we still have crime on the streets of our major cities, and violence is still a big problem in some parts of the world, but, generally, for most of us, life is safer.

So, life is probably safer today than it ever has been, medical knowledge and standards of care are immeasurably higher and by every logical measure *we should* all be healthier and fitter.

And yet.....

Particularly in the nations of the West, those that would *claim* to represent the advanced countries of the world, we are very, very clearly *not* healthier than we were 50 or 100 years ago.

For example, obesity is a problem that could very soon swamp medical resources on a global basis if it is not addressed effectively and very, very quickly.

Particularly worrying is the terrifying increase of obesity in children, representing a time-bomb that could go off at any time.

One result of all of the medical advances is that it is now perfectly feasible for both men and women to realistically expect to spend 80 years on this planet of ours.

The truth, however, is that very few will do so, and that the reason they do not could almost certainly be placed fairly and squarely at their own feet.

They will, to all intents and purposes, kill themselves through not taking enough care and neglecting their most precious possession, their health.

The real truth is, in fact, even sadder than that, as an increasing number of men and women actually look and feel 80 before they even make it out of the first half of their life.

Their lackluster, jaded physical appearance tells the whole sad, sorry tale:

- Unsightly sagging dry skin
- Ungainly posture and an unsteady walk
- Tired, aching joints
- Constantly sporting the “I’m not happy because I know I look terrible” Appearance.

And those are just the visible signs that they carry on the outside, for the whole world to see.

Can you begin to imagine how bad it is inside?

- Fat packed, clogged arteries and veins
- Inefficient and over-worked heart
- Heaps of unused sugar and excess fat lodged in or around vital organs
- Medical problems such as diabetes, stress, nervous tension, high blood pressure, cardiovascular disease and even cancers that are silently brewing away.

The problem is that modern life keeps on getting faster paced and more rushed every day, making it increasingly difficult to take care of ourselves properly.

Unhealthy, fat-drenched fast food has, by definition, become an accepted feature of modern life.

It is far easier and quicker to just grab a burger than to sit down to a healthy unhurried lunch, for example.

Even in societies where the traditional diet was extremely healthy, the last twenty years have seen huge rises in the popularity of fast food, and a

corresponding rise in the associated problems like obesity and lack of fitness (in Japan, for example).

Of course, the blame cannot be laid solely at the feet of a junk food diet. Even those that do not eat such things are not necessarily fit and healthy. There are a wide range of other contributory factors too.

As children, even at school, exercise and sports have played a decreasingly significant role over the past twenty to thirty years, actively encouraging several generations to become lazy, idle children who then became indolent teenagers and adults.

Now, maybe that seems a little cruel, perhaps even a touch brutal, and if so, so be it.

I make no apologies for taking such an approach.

The reason is simple.

I have read many vague, generic health and fitness manuals over the past few years that effectively wasted several thousand words saying very little. This book is definitely not going to go along that same path.

It is not going to be either generic or vague.

On the contrary, this book is going to tell you everything that you need to do to maximize your own health.

It is not only going to show you how to be fitter either – fitness is only one part of being healthy.

This book is a total, complete step-by-baby-step ‘workshop manual’ of every aspect of your life that you need to address if you want to be healthier and live a longer, happier and more fulfilled life.

Now, I guess that only a fool or a clown would not want to live a healthier and fulfilled life.

I am taking another guess that you fit into neither of these categories.

So, this book is your gateway to making a life-choice for yourself.

Follow my directions, and you will be healthier.

Choose not to, however, then all I can say is that you might claim that you are not a fool.....

## CHAPTER 1 - IT'S YOUR CALL...

There is only one way that any human can ever hope to make their lifestyle a more health-conscious one, thereby ensuring that they do become healthier.

That is by making the decision themselves to *make it happen*.

No-one else can take that decision for you – it can only come from you. You must want to become healthier before you can ever begin to do so. I can write a detailed guide manual like this, but I cannot make you adopt what I am recommending you should do.

Friends, relatives, family members can all suggest, or perhaps even urge you to do something about your life style if they too can see that it is not healthy. But, unless you choose to act, then they too are wasting their time.

So, here are a few things that I would suggest that you need to consider.

First, be honest with yourself.

Think about your life, your daily routine and what you do.

Is it all good for you? Is everything that you do, everything that you eat or drink good for your health and your general well-being?

Now, part of this being honest with yourself process is acknowledging and accepting that no-one is perfect.

Of course you know that eating the occasional cream-cake or downing a few glasses of beer every now and then is not necessarily going to be of benefit to your health.