

Love Yourself

Shower yourself with love this Valentines Day and every day. We have all heard that in order to love someone else you must first love yourself. Give yourself the gift of love that will in turn enable you to love others.

Giftng yourself includes taking time for you. This includes “taking time to smell the roses.” If you are too busy for yourself, you cannot take time for others. Take time every day to do something that is just for you and no one else. Whatever you do, make sure that it is not just a chore, but gives you pleasure.

Take the time to look in the mirror and tell yourself that you love you. Look at all the good in the mirror instead of focusing on the undesirable. Loving yourself includes the thoughts that you have about yourself. Avoid being critical when you look in the mirror. If you do not like what you see, find something to like. Your thoughts are a reflection of you. Thoughts that are not positive decrease the love that you have for yourself.

Love yourself by allowing your body to get some movement and exercise every day. Walking is the easiest form of movement. Invest 20 minutes of your time



and reap the benefits. A 20 - minute walk can elevate mood and energy for up to 2 hours.

Keeping your body healthy with good food is another way to love yourself. Your body is a carbon oxygen machine that requires fuel. Eating within one hour of getting up helps fuel the body, and start the engine so your body can generate energy. It is more difficult for your body to accomplish what it needs to do when meals are skipped. Your body functions best when you eat at least three meals a day.

The best fuel for the body is a blend of protein, good fats, and complex carbohydrates. The body views carbohydrates as kindling to start a fire. Fat and protein are the logs on the fire that the body can burn for a long time. Love your body by giving it some protein with every meal.

•High quality protein foods include: eggs, chicken, fish, beef, turkey, cheese, seeds, beans, and lentils. Nuts and butters high in protein include almonds and

almond butter, tahini, peanuts and peanut butter, walnuts, pecans, brazil nuts, and cashews.

•Foods that contain good fats include: almonds, walnuts, flax seeds, avocado, sunflower seeds, olives, and sesame seeds. The healthiest oils include butter, olive oil, lard, and flax oil.

•Complex carbohydrate foods include: whole grains, brown rice, whole wheat, rye, oats, barley and millet.

•All vegetables are also considered complex carbohydrates. The most common vegetables are broccoli, Brussels sprouts, cabbage, cauliflower, spinach, peas, peppers, squash, cucumber, asparagus, kale, carrots, lettuce, garlic, sprouts, beets, celery, mushrooms, and potatoes. It is best to eat more vegetables than fruits every day. The ratio is to eat 2 vegetables for every 1 fruit.

•Fruits are also carbohydrates. The most common fruits are tomatoes, melons, berries, apples,

oranges, grapefruit, peaches, apricots, cherries, and bananas. Eat organic vegetables and fruits whenever possible. The oil-based pesticides used on commercial produce are toxic to your body.

Also avoid processed foods and refined carbohydrates. The refining process reduces the nutritional content of the whole grains, and removes the fiber and healthy components. Read the labels on packaged foods. They usually contain highly nutrient deficient ingredients and lots of man-made chemicals.

Processed foods are manufactured to have a long shelf life, not as a high quality food. Many contain bad fats, bad sugars, chemicals, and preservatives which are added to prolong shelf life. These foods are not as healthy for the body compared to organic whole foods.

When you want to be sweet to yourself, use the real thing, cane sugar, honey, agave, or maple syrup. Chemical man-made artificial sugars are not healthy. These include high fructose corn syrup, aminosweet (the new name for aspartame) and the newest addition sweetos.

Sweetos is the latest chemically created diet sugar that is 8,000 to 13,000 times sweeter than sugar. It has just been approved as a sweetener for use in organic food, commercial food, and as a sweetener for cattle food to mask taste and odor. The FDA is not requiring it to be listed on the

label, even though it has tested to be as dangerous than aspartame.

Love yourself by keeping your body hydrated with good quality water. Schedule your time so that you get a good night's sleep of 7-8 hours. Take good quality nutritional supplements made from whole foods. Make sure that you include the proper amount of minerals, as well as vitamins in your health program.

Your health and well-being is determined by the quantity and quality of minerals in your body. Minerals determine the conductivity of nerve impulses and the tension of the muscles. It is much easier to love yourself, and others, when your muscles are relaxed and you feel calm and happy.

If you find it difficult to love yourself, alternative health care physicians are trained to evaluate your body, your exercise program, and your diet to determine if any nutritional deficiencies exist. A simple, non-invasive evaluation can reveal any hidden need for specific vitamins, minerals, or foods that can help you love yourself and others.

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