



TLM Blogs

Debbie

Good health means good business

HOW MANY OF YOU STRUGGLE WITH SELF CARE? Do you think it is selfish or not productive.....I did for many years and I am here to remind you it is essential to not only for your health and the health of your family but to the health of the planet.

CAN ANYONE TELL ME WHY YOU PUT ON THE OXYGEN MASK First ON A PLANE ?

You can't help someone else if you don't help yourself first.

Self care is something I struggled with my whole life-I put other family and people first. It took until I became a single mom and lots of therapy before I could go guilt free on a weekend away or retreat.

My message today is that we have the choice to take care of our own well being and our family. Not being proactive about our health has cumulative consequences.

HOW MANY OF YOU HAVE HAD YOUR DOCTOR TELL YOU POINT BLANK THAT YOU MUST TAKE DRASTIC MEASURES OR YOU WILL DEVELOP METABOLIC SYNDROME, OR DIABETES OR HEART ATTACK? A couple of months ago , I was fortunate to have a cardiologist give it to me straight.

Not many doctors give you the information and support to prevent these chronic diseases. How come the dental system completely changed to prevention and the medical system hasn't?

Five years ago at a regular mammogram I was diagnosed with a lump in my right breast. I was shocked as I have no family history. I did my research and found that there are about 12 risk factors that affect you getting cancer: your genes are a low risk factor and stress or trauma was my deciding factor.

I feel we have great power and can heal ourselves and I chose a combo of Western and Eastern medicine to do that. I felt as soon as they took out the tumor (stage 1) I was cancer free. I refused chemo because the oncologist showed me in black and white that it would only reduce my recurrence by 5%. Not worth it to me to destroy my immune system with those odds. My strategy was to build up my immune system instead with the help of a naturopath who showed me studies that if I walk 6 days a week, I could reduce my risk of recurrence by 40%!

That experience emphasized the **4 PILLARS OF HEALTH.**

1. EXERCISE
2. NUTRITION
3. STRESS REDUCTION
4. MINDFULNESS AND CONNECTION

2. Nutrition That lead me toward clean eating. Eating as many foods in their natural state, buying organic when it mattered. And no packaged foods. **Yes, adding a glass of wine and chocolate every day. Hey, you ve got to get your anti oxidants!!! Everything in Moderation. Clean eating is its own topic....reach out to Eve with Epicure or Marcy with Evolve , They can give you tons of help!**

3. STRESS REDUCTION; I believe that stress is one of the major causes of chronic inflammation in our bodies and illness. I don't mean to scare you but recent studies have stated that one in two people will get cancer in their lifetime. By reducing stress you don't have to be one of them.

HOW MANY OF YOU STRUGGLE WITH A GOOD NIGHTS SLEEP? Getting enough quality sleep 7-8 hours a night builds up your immune system and helps fight the invaders like viruses and slows down the oxidation/or malfunction of cells to form cancer. Maggie is our sleep expert, she has solutions. I learned yesterday that is might be your digestion or intolerances of foods that wake you up. Eating things that make you bloat , stresses your body!

This leads me to getting the toxins out of your home. Many of the "dirty dozen" ingredients are hormone interrupters, carcinogenic and can affect fertility! I will hand out a list at the end. 5 years ago I sought out skincare and household items that are toxin free and my search brought me MODERE. Fighting these toxins adds stress to your body. I am passionate offering people I care about the choice of Modere where they are guaranteed toxin free (the Dirty 300 avoided). You can trust modere and save some stress and they are not more expensive. **Greenwashing in Canada** is where the natural or what we think are toxin free products at Choices are not regulated. They can claim anything. These products are not regulated!!! You must check the labels for the Dirty Dozen. **(Example from Home Survey)**

Did anyone see the feature on CBC last week about Antibacterials causing childhood obesity?

Studies show that they actually change the intestinal flora of the children and alter **their system**. Antibacterials have been banned in Europe and the Canadian medical Association has a petition to our government to ban them here. We can't depend on the government to protect us. We have to educate and be proactive on our families behalf.

Please make the commitment to get rid of toxins in your home. I want to help you with that with a \$10 gift.

4th Pillar is mindfulness and Connection.

The Ladies meeting is a good start for connection. We need to take care of our spirituality and our need for community. Take the time to breathe!

HOW MANY OF YOU HAVE A MIRACLE MORNING OR MEDITATION PRACTICE?

Miracle morning practise works. Start your day without electronics for the first hour, meditate, exercise. Do something to start your day in the proactive rather than reactive state. Baby steps.

Connection should probably be its own Pillar as we all need a Village or a Tribe. It takes a Team to make the Dream work. Reach out it is good for you and the other people. You will be happier and live longer.

I didn't mean to lecture and I am certainly not an expert but I am turning 65 this week and officially a Bionic Woman. Talk to me privately about the stent I had put in last month!. It is an ongoing journey to good health. We have to take responsibility, every decision can either be helpful or harmful to you.

Our choices about toxins will affect the greater world and legacy of the **environment we leave for our kids and grandkids.**

WHAT SMALL STEP WILL YOU TAKE TODAY TO IMPROVE YOUR HEALTH OR THE ENVIRONMENT? Be Specific. TURN TO A BUDDY AND BE ACCOUNTABLE and POST ON LINE.

Contact me for more information!

Let me do your household's "Smart Score" to eliminate bad ingredients.

Debbie Rootman

Live clean, Eat clean, Clean environment

Cell: 604.644.8343

www.modere.ca/660493

www.modereglobshop.com/660493