Healthier habits

Topic: Strengthening your individual mind body and soul connection. A person can show that they are gifted and talented by accepting the value within his or her mind body and soul

-Foods to eat and not eat

Processed meats also known as meat so processed that it is unhealthy to consume. These products are legally for sale in stores across our country. This document will help you understood the negative effects of processed meats in grocery stores.

These meats are supposed to stay fresh longer than meat not processed. The meat producing company adds a chemical called nitrates to the meat. This is the worst part of processed meat because if a person consumes enough nitrates and become poisoned it can cause cancer in a human.

Examples of processed meats include bacon, hot dogs and deli meats



-Why avoid most cooking oils? They can increase the calorie content of your foods and raise the cholesterol level in your blood most cooking oils can create toxic chemicals during the cooking process. Example reusing cooking oil you fried potatoes in creates a poison in the oil the second time you use the oil. So don’t reuse oil you fried potatoes in please!!!

What is cholesterol? A waxy fatlike substance that’s essential for good health and is found in your blood and cells.

Your liver makes cholesterol, but you can get it from eggs meat seafood poultry and dairy products.

Heathy cholesterol helps your body make cell walls, tissues and hormones ,vitamin and bile acid, and it is also needed digesting fatty foods,



-Why avoid popular cereals?

7 Unhealthy additives in our cereals

The preservative agent BHT butylated hydroxytoluene is an endocrine disruptor.

Endocrine?

Artificial colors in cereal are petroleum based and are linked to hyperactivity in children. Allergic reactions and tumors have been caused by petroleum-based food dyes.

Modified carbohydrates such as modified corn starch are linked to inflammation and weight gain.

Glyphosate and other toxic pesticides are in majority of corn-based cereals.

\_why avoid creatine protein powders?

Research on the chemical composition of creatine powders in grocery stores is alarming. Many creatine protein powders contain plastics. These chemical compounds found in plastics and creatine protein mixes cause hair loss and other harmful effects when consumed.

 Why ask congress to ban products from being sold?

* Congress can create laws to control the sell or ban completely these harmful chemicals.
* Is it the only way to stop us from buying poison to eat?
* No congress is one effective way. Another way is to tell someone else through word of mouth or social media about this problem.
* Why is yoga important to understand the best use of our body?
* Are you sometimes tense about anything. Releasing stress and preventing misuse of our physical bodies is part of healthy living. You can show your body that you love yourself as you stretch and realize how good and healthy the result will be.
* F.Y.I.

Direct connections between Yeshua and Hinduism teaching about recognizing chakras as real energies important and useful to reach your way to heaven. Recognize focusing to much on low chakras such as useless sex or eating too much can be your way to arrive in hell (self-punishment) Yeshua teachings of the gospel Matching every person’s physical body as mentioned in the practice of yoga relating to chakras .Yeshua never mention the word chakra he used parables to describe process of reaching enlightenment or your individual best personality. Part of this process includes praying in quiet place to your higher self-similar to mantras of yoga.



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