



have you
got the

GUTS

to be

REALLY

healthy?

DON CHISHOLM

Have You Got The Guts?

Don Chisholm

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Introduction

Oddly, with all the medical advances now available, why are we still going backwards in terms of world health? Cancer, heart disease and depression are on the rise and reaching unsupportable levels. Health care worldwide is already struggling to keep up and with the onset of more disease, it will soon need support itself. If we, as individuals, do not make a move to protect ourselves from the onslaught of illness, then we will be faced with ever-increasing diseased communities.

Figures show that we are moving towards nearly every second person getting cancer, a disease only a few died of a century ago; one in 65 children are becoming autistic instead of one in 10,000 a few decades ago, new diseases are appearing every year and virtually every person I meet has some level of chronic fatigue. The path we are on is clearly not working!

I know only one person who I would say was 'vital' – a term you will find explained in Chapter 1 – and very few who I would consider very healthy. In today's world, young people are now contracting conditions that we used to see only in the elderly.

What is the basis of this increase in disease? Billions are being spent on drugs of all descriptions but yet illnesses are still on the increase, Billions are being donated to fight disease, yet disease is still on the increase.

My goal many years ago was to find out what stopped some people healing. One of the first things I learnt was *the absence of disease does not mean disease is absent*. Conditions don't happen overnight; they slowly brew away until they become noticeable. Unfortunately, by then, we need to take the emergency approach to a condition that should have never have happened in the first place.

This book is for anyone who actually wants to make a difference to his or her personal or family's health. My approach is different and confronting but I hope it will leave you challenging what you have been led to believe about what's healthy.

So, 'do you have the guts to be really healthy?'

Part 1

Chapter 1

Real Health

What does being *really* healthy mean?

What are the warning signs that I'm not really healthy?

What changes do I need to make to experience real health?

What does being really healthy mean?

Being really healthy is a feeling of energy and strength at your core. It allows you to face each day with confidence, security and optimism. You wake up early and stay alert all day.

If you don't identify with this definition, you are not experiencing real health. Would the following describe you better?

It's a bit of a slow start in the mornings until that first coffee. I often have restless nights so I could do with some extra sleep and an afternoon energy boost. The waistline and the vigor are not what they used to be and I suppose the short-term memory loss and the poor bowel movements are just age creeping up on me. My workload seems to be increasing and takes more energy out of me. By the time I get home, I just want to slump on the couch.

If you can relate to the second description more than the first, then this book is going to give you the practical information that could change your life.

Most people who simply 'make it through each day' regard themselves as being reasonably healthy. But are they?

Could a condition be building up beneath the surface? Serious illness doesn't happen overnight; some take decades to appear. Being really healthy is a state where illness cannot get a foothold. With a strong immune system and body cells bathed in nutrition, illness is far less likely.

People generally state that they feel 'fine' or 'OK'. But what are they actually comparing their feelings to? What are they using as a benchmark? If they have set the bar low then the acceptance of how they feel, even if it is poorly, is regarded as normal. They could be right saying they feel 'on top' when the bar is lying on the ground.

After surveying hundreds of friends and acquaintances, I came to the conclusion that very few people know what it is like to be really healthy. They look good and seem to cope but deep down inside they are not feeling as well as they try to appear.

The health scale

Where do you fit into the health scale below? Answer as honestly as you can so you can get the most out of this book. Remember, you are attempting to define how you feel most of the time, not when you are at your peak.

Vital	Only need 4 hours sleep and can work an 18-hour day; tire but never get exhausted. Physically and mentally vital.
Really healthy	Just loving life and all it offers; full of zest with only 6 hours sleep. Can work a long day with good memory and a sense of wellbeing.

Healthy	Eat well; fit; feel good most of the time. Wake up fresh on 8 hours sleep. Exercise regularly.
OK	Feel OK, just get a bit tired in the afternoon; that extra coffee helps. Could exercise more. Reasonably active.
Just OK	Feel OK some of the time, but then get a little sluggish. Bowel movement could improve. Not that active.
Sluggish	Don't feel too bad, but a bit sluggish; takes a lot to get going.
Very sluggish	Hard to get started; days take forever; drained most of the time.
Poor	Life is a struggle; living in a brain fog
Very poor	Catch everything going around, feel uncomfortable and depressed. Use medication.
Extremely poor	Need medication on a continual basis.
Seriously ill	Medications and tests are on the increase; conditions are worsening.
Terminally ill	Disease has reached a stage of no return; it's only a matter of time before death takes over.

Let's face it, there are very few who are up in the first few rows. Most of us do not know we could be feeling any better because we have never been there. What if the level of health you have at the moment is not your optimum health? How would you feel if your health could be raised to a higher level – one, two or more rungs higher? If you are disappointed with where you fall on the scale right now, take heart. By acknowledging your current state of health you've just made the first step towards securing a more healthy future. Congratulations!

The first step is to read the 'warning signs' your body is giving you.

What are the warning signs that I'm not *really* healthy?

Warning signs manifest as 'symptoms' and they are your body's way of letting you know something is wrong. Some of the more common signs listed below are symptoms we have just gotten used to dealing with on a daily basis. Do you feel any of the following regularly?

Tired

I am slow to arise. I need that afternoon nap or energy lift. I can get through the day but effort is required to keep going.

Temperamental

My temper a bit shorter these days.

Emotional

I'm a little more emotional than I used to be. I cry easily.

Poor digestion

After I eat, food seems to sit under my ribcage and I feel bloated. I don't open my bowels two hours after eating anymore and my stools can be very soft or very hard, or like little balls.

Poor memory

I'm more forgetful than I used to be. I forget names and phone numbers. I can't always remember where I put things. I sometimes lose words in the middle of a conversation.

Weight problems

I don't seem to be able to lose those extra pounds, or I am too skinny and my bones protrude.

Poor breathing

Going up the stairs is harder these days. I get out of breath easily.

High sugar requirements

I have such a sweet tooth! I can't stop after just a few pieces of chocolate. Often I eat the whole block.

Lack of libido

I just don't feel up to it like I used to.

Poor circulation

I often have cold hands or feet. I sometimes need socks on when I go to bed.

High stress levels

It's not as easy to handle the pressure these days.

Joints not as flexible

I get a little stiff and my joints and muscles don't have the flexibility they used to have.

If you answered 'yes' to three or more of these warning signs, it is an indication that you could be moving towards a serious situation.

This list contains just a few of the warning signs that health is slipping away. There are scores more warning signs but they can appear so subtly that we do not notice them creeping on. It is only when we are woken up with a sudden jolt, such as a diagnosis of disease, that we realise that the unnoticed condition had been slowly developing away. Some diseases can be building up for decades before they are recognised.

So instead of justifying warning signs with statements like 'I'm just getting old' or 'I've had this for years', make the decision to view your symptoms as the urgent warning signs that they are. Uncomfortable symptoms do not just happen unless there is something out of balance.

Men are worse at pushing these warning signs aside than women. However, time and workload often prevent both sexes from pursuing these signs and fixing the underlying problem. There is a reason for all illnesses and an answer for all warning signs. If you can fix the real cause of an illness and fix it early on, the problem will improve.

What changes do I need to make to experience real health?

Accept change

Change is not easy for some people. Fear of change stops people from attempting to make a difference. Life is already so difficult, so fast. Many fear the stress of implementing a new lifestyle. But what is the alternative? Serious illness will hit you with a far worse lifestyle change than getting healthy will. And there are no real benefits in being seriously ill. How better is it, then, to put your energies into the present so you can have a real chance at securing a healthy future that will allow you the pleasure of reaping the benefits that only a long, healthy life can provide?

Change your lifestyle

To experience real health, you must change your lifestyle. But don't let this put you off. It is achievable. Unfortunately, most people in the Western world are not really healthy, let alone 'vital'. Our lifestyles have been geared toward eating chemically laced foods in a highly stressful environment. We unwittingly use many products everyday that are highly toxic or just not good for us. We have been convinced that this is the only convenient way to live. It isn't. As a result of our processed and highly stressful lifestyles, we end up wasting much time, money and other resources counteracting the effects of the pollution we put into our bodies.

To experience true health we have to get back to a diet and lifestyle that was used by a population without the diseases we have today. You may have to give up some things but, once you get the taste for the alternative, it is a very

pleasant surprise, not to mention the additional energy and zest that comes with an improved lifestyle. I will discuss optimum nutrition in Parts 2 and 3.

Real health is achievable but it depends on the individual to do what is required. You can't stay sober if you drink; you can't be toxin free if you eat toxic food; you can't beat a sugar craving by eating sweets; you can't be hydrated if you don't drink water. You will never find true health if you are not prepared to change your lifestyle and put into your body what it needs and reject what it doesn't need.

Change your mindset

If you believe that nothing will make you feel better, then nothing will. You need to suspend disbelief long enough to give your body the best chance it can get. Doing nothing will only make your health go backwards. Doing something positive will make it go forwards. There is no middle ground. Your future is your choice.

We are currently led by some to believe that when you get old, you get an illness that kills you or that the age you will reach is determined by 'good' or 'bad' genes. This is the very mindset we have to eradicate if we are going to make a difference to our health and the health of future generations.

It was once believed that the human body could not run a mile in less than four minutes. For years this belief was a benchmark until Rodger Bannister ran the distance in 3.59.4 at Oxenford (UK) in 1954. Only 46 days later John Landy of Australia surpassed the new record with a 3.57.9. By the end of 1957 another 16 runners had broken the 4-minute

mile. Could any of these runners have out run the 4-minute mile if they believed that was beyond the peak possibility for human performance?

What I want you to get out of this book is the action you need to take now so you can live to a ripe old age. Even if people in your family have generally lived into their 90s, it doesn't automatically mean that you will. Sure, good genes are a great foundation. But your relatives who lived even one generation ago were not faced with the chemicals and stresses that our modern-day lifestyles are plagued with. But living in this millennium doesn't mean we can't live to a ripe old age. There is so much we can do to ensure a long, healthy and enjoyable life. Imagine being in your 90s with the zest of a teenager; the wit of a comedian; the ability to garden, play bowls or golf; enjoying the outdoors; and all this with the knowledge and wisdom of an elderly person. This is living – not simply being kept alive. It is experiencing all of the joys of life that only a healthy body can enjoy.

So do you have the guts to be healthy? The sooner you realise that you do not have to live with your condition, the sooner you can move toward true health.

Case study

Steph Sinton had cabinets full of trophies from body building competitions. When I asked him what his goals were, he told me his main goal was to become Mr World. After a conversation I had with him about the dangers of exercising with an unhealthy body (I was referring to the number of overweight and unhealthy looking specimens working out in his gym), he agreed to have a check up at my clinic.

He came with his training partner and, after doing their checkups; I asked them, 'how many people in this sport do you know who have had heart attacks?' The reply was 'Lots. It happens all the time'. I was not surprised; both their tests were the worst I had ever seen. Both these men were extremely fit and winning tournaments, but I saw a completely different side. I saw two sportspeople who were in seriously poor shape internally. They were both so bad that a stroke or heart attack was not out of the question. But what would these men have said if I asked them if they thought they were really healthy?

Steph decided to follow my nutritional program and his testimonial is a simple one: he won Mr World that year (1994) and went on to win Mr Universe two years later. He admits that he could never have achieved this with the condition his body was in when I first met him.

Don't STOP Now! Join Don on His Remarkable Journey and Discover the Health Secrets Revealed in his book "Have You Got the Guts to be Really Healthy"

Discover the amazing fermented foods that Don refers to in the book.





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