

## Habits of Disease – Slight Errors in Judgement

If after eating one fat burger you looked like this.



Habit of Disease:

Eating high-calorie fast food meals  
Eating at all-you-can eat restaurants

If after drinking one soda (11 teaspoons of sugar) you looked like this. (Amputee)

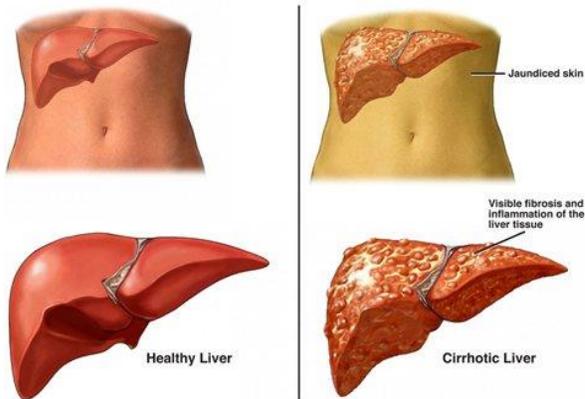


Blood sugar issues—being overweight can lead to Type 2 diabetes.

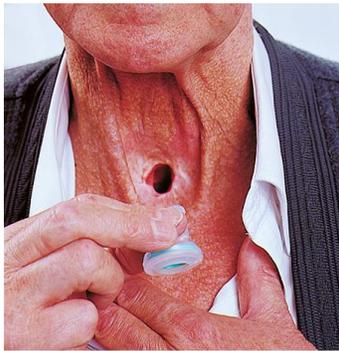
Which in turn leads to circulatory issues.

Sometimes leading to amputation

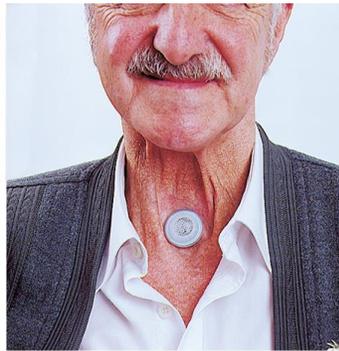
If, after taking your medication or having a beer, a glass of wine, vodka tonic, or whisky sour, your liver looked like this (jaundice)



If, after smoking one cigarette, you had a stoma and found breathing difficult. Surgery on throat.



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Analogy – use a glass of coke (contamination) – Glass of clear water -- one eyedropper of coke in the glass of water causes it to change color easily – Once it is discolored, it takes a lot of water to get it clear again – Once contaminated, it takes a lot of energy to get back to health – Doesn't prevention make more sense?

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TSFL – Articles – in process – Holistic Living Theme

***Holistic Living Theme – is about Prevention and Empowerment:  
Pre-Hab over Re-Hab.***