

Habits of Dis-Ease

Poor choices lead to poor habits, which in turn lead to Dis-ease.

Habits you may want to avoid or, if you already have them, dispose of them.

Habits of Disease might be considered Slight Errors in Judgment

1. Having three meals per day (with snacks in-between)
 - a. Start a new habit of having fuelings every 2 ½ to 3 hours.
2. Having only coffee or orange juice for breakfast
 - a. Add some protein along with your carbohydrates (obtain balance)
3. Watching TV after 10 PM nightly
 - a. Develop a habit of doing something mind calming and relaxing before bed
5. Eating pasta, rice, and bread
 - a. Avoid simple sugars that create blood sugar spiking
6. Enjoying eating out at least 4 to 5 times per week (midday or evening)
 - a. If you must eat out, avoid fast food and all-you-can eat places
7. Getting 4 to 6 hours sleep per night
 - a. Lack of sleep increases the chances of weight gain.
8. Finishing your meal with dessert
 - a. Dessert adds calories and will possibly spike the blood sugar
10. Drinking more diet soda than water
 - a. Carbonated drinks deplete the vitamins and minerals in the body
11. Having a midday candy bar to get you through till dinner
 - a. Blood sugar spikes increase the chances of adding fat (weight)
12. Wearing clothes with elastic waist bands
 - a. Increases the chances of not noticing when your waist is expanding
13. Choosing potato chips for a snack
 - a. Increased fat consumption; increased fat storage
14. Having summer sausage (or other high fatty foods) as a snack
 - a. Increased fat consumption leads to increased fat storage

One major causes of disease is "inflammation." Avoid it when possible.

Inflammation can come from many sources, including sugar, chemicals contained in foods, chemicals created during a cooking process (grilling on the barbecue), and eating the wrong types of fat. Sweet sugary chemical laden foods that lead to tooth decay and gum disease, which in turn leads to systemic inflammation.

Together (by developing good habits) i Can

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