

## Wednesday Wisdom

There are words of wisdom that we come across as we go through life that we sometimes do not want to hear. One such example is the saying “You Are What You Eat”. One of the biggest expenses that businesses have, or even on a personal level, is in the realm of healthcare. Many people don’t understand that our system of healthcare is not really healthcare but more that of disease management. We wait until we have a health problem and then try to treat it. That gets expensive, even if the costly insurance you paid for pays for some of the bill. Are you promoting true health in your business or home by providing good quality foods and a good source of pure water, or just vending machines with sugary snacks and sodas? Well it is true that sugar provides quick energy but at what cost to true health and long-term viability. There are many fine research studies that prove the detrimental effects of refined sugar on our health, especially when abused for years. The speeding up of the bodies machinery without the necessary nutrients for repair found in normal foods, causes all kinds of degenerative inflammatory diseases. Diabetes, of course, comes to mind as one of the major diseases caused by long-term refined sugar abuse, but cardiovascular disease can also claim this as a cause, mainly because of its inflammatory nature and immune system suppression. Mainstream medicine has blamed cholesterol as the cause but it is actually just the result of eating too much refined sugar, again especially over months and years and even decades. And let’s face it, refined sugar can be addictive and the habit is hard to break. Refined sugar causes the same reaction in the brain that alcohol and cocaine causes, making it very addictive. I’m sure as a business owner you want to keep your employees as healthy as possible not only silly have the energy and vitality to do a good job at your place of business, but also to reduce sick days and insurance expense. Not having bad foods around keeps the option to reach for those at a minimum. Make a plan to let your employees, and family, know this simple health information so that they can avoid illness and costly treatment. “You are what you eat”-Get Healthy, Stay Healthy, Live Well!