



For a better life

The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 28 2014

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Are you aware of the essential needs of your body and how easily you can provide for these needs?

Our website provides you with [numerous articles](#) written in non-medical terms wherever possible. Besides obtaining benefits for yourself, you will be displaying and encouraging **HEALTHY LIFESTYLE HABITS** by practicing them yourselves so as to provide good examples **FOR THE BENEFIT OF YOUR CHILDREN**

WHAT IS EDUCATION? Why is it Necessary?

Education in its general sense is a form of learning in which the knowledge, skills and habits of a group of people are transferred from one generation to the next through teaching, training, or research. Any experience that has a formative effect on the way one thinks, feels, or acts may be considered educational.

A [right to education](#) has been recognized by some governments. At the global level, Article 13 of the [United Nations' 1966 International Covenant on Economic, Social and Cultural Rights](#) recognizes the right of everyone to an education.

Education is the action or process of teaching someone the knowledge, skill, and understanding that one receives from attending a school, college, or university.

Would it not seem logical therefore that Education about our most precious asset – Our Body – should start from the earliest age in the school systems?

Habits Related to Real Life Situations

Many people get inspired and motivated to go on a journey; they actually pack their bags—literally or metaphorically—and set out on

their way. But after a while, albeit with the best intentions to make lifestyle changes, they end up coming right back where they started, repeating the same old patterns.

Good intentions are pure and real. Many have made themselves a promise at one time or another to make one or more changes to their lifestyle. But we have so many things weighing us down which cause well-intentioned plans to fail. So maybe the key to meaningful change is not so much knowing how to make all those well-intended changes, it's knowing how to unload the past, so that it shouldn't shape our future and bring us back to our old patterns.

Ask yourself: In what areas of your life are you repeating old patterns? In what ways are they damaging to you? Once established, try to offload one issue at a time. Measure your progress and the results realistically and honestly one step at a time.

Positive Lifestyle Changes Can Affect Almost Every Aspect of Your Body.

Did you realize that the following actions and changes are taking place right now in your body? *Read more...*

THE FOLLOWING REPORTS ARE BOTH CURRENT AND HISTORICAL. So you may well ask – “Why quote the Historical?” Our reasoning is this – Over the last few decades, the greatest authorities having being repeating the similar if not the same so-called solutions. Where have these opinions and expensive research studies got us? We are certainly not any closer to a solution as we continue to experience an unabated worsening of the sickness and ailment crisis world-wide.

Is there any viable solution at all? We believe there is. There is an urgent need to provide for **EDUCATION** at every school – from pre-grade to Grade 12 – on the **NEEDS AND FUNCTIONS OF THE HUMAN BODY.**

To quote one crucial example - **CORRECT EATING HABITS** – not only what you eat but how you eat – must be the key. Poor eating habits have a negative impact on every organ in the body. Whilst correct logical natural habits are more easily life-lasting if ingrained from an early age.

IHRSA Capitol Report - 16th May 2012

“Not so” New Data on Obesity Intensifies Pressure to Find a Solution

On the 16 May 2012 - projections on the growth of the US obesity epidemic emerged during the national “Weight of the Nation” conference in Washington, DC. The new information heightens the call for action to reduce obesity and chronic disease, and get more Americans living healthier, more active lifestyles.

One such projection, from the Centers for Disease Control and Prevention (CDC), estimates that obesity will continue to rise over the next 18 years, extending to 42% of Americans by 2030. *Read more*

New school lunch rules a failure

By Washington Times (DC) March 3, 2014 6:45 am

The federal government's changes to school lunch menus have been disastrous, causing problems for cafeterias trying to comply with the rules and leaving the menu so expensive or unpalatable that more than 1 million students have stopped buying lunch, according to a government audit released Thursday.

One school district told federal investigators that it had to add unhealthy pudding and potato chips to its menu to meet the government's minimum calorie requirements. Other school districts removed peanut butter and jelly sandwiches from their elementary school menus. *Read more*

FRIDAY, DECEMBER 15, 2006

Obesity 'could bankrupt the NHS'

The rising levels of obesity could bankrupt the NHS if left unchecked, a British Medical Journal report warns.

Experts, including government A&E tsar George Alberti and Glasgow University professor Naveed Sattar, said obesity treatment took up 9% of the NHS budget. But they warned this would rise as the number of obese adults rose from one in five to one in three by 2010.

They said action was needed by all of society and even recommended a helpline for people who bought larger clothes.

The number should be promoted on the labels of all clothes sold with a waist of more than 40in (102cm) for men, 37in (94cm) for boys, 35in (88cm) for women, and 31in (80cm) for girls. *Read more.....*

Are most of us Too Busy to take good care of our very own Human Body! Or is it that we are not sure how to provide for it's Needs?

Does this statement apply to you?

If so, you can change right now. The information that you require is presented in an easy to read & logical format. And the time needed to read this note? A few minutes.

And the time needed to devote to the changes? The absolute minimum. What knowledge is required? Nil.

So what is needed?

All that is required is a minor change in your eating and drinking habits which will be done whilst you are eating your normal meals anyway. However if you wish to commence an exercise and/or stretching program at the same time – a great idea – you should set aside 1 ½ hours a week.

What will I gain from it?

“You have everything to gain and nothing to lose”. After all, your Body requires you to perform certain specific functions and it will take care of the rest. In addition, the Body was designed to BE ACTIVE. Inactivity can be lethal.

[Link – Read more...](#)

**Your Body is your greatest asset.
Learn about it and Provide for its Needs.**

Situations where we may be able to offer advice and help.....

- * *I don't have time or the incentive for Exercise or to join a health club.*
- * *How do I start an Exercise program?*
- * *Is Stretching enough without Exercise?*
- * *I have to become more active. But how?*
- * *I want to control my eating habits. But how?*
- * *My persistent headaches are killing me.*
- * *I cannot get out of my fast-food habit.*
- * *I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

Introduce a friend or family member to our website -

www.meandmybody.com

Kind regards,

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A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

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