



The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 25 2012

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

There are numerous articles written in non-medical terms wherever possible. Besides obtaining benefits for yourself, you will be displaying and encouraging HEALTHY LIFESTYLE HABITS TO TEACH YOUR CHILDREN

A Quick Look at GERD -

Common Gastroesophageal Reflux Disease

As I am not into the medications field, I will be dealing only with both **What Action You Can Take** as well as some pointers on **Food and Drink**.

What Action You Can Take

You should avoid whatever may be responsible for making GERD (Gastroesophageal reflux disease) any worse. [Read more.....](#)

<http://www.ihrsa.org/capitol-report/2012/8/15/capitol-report-august-15-2012.html?SSLoginOk=true>

Wed, August 15, 2012 at 13:34

Bipartisan Policy Center Says Physical Activity Needed to Curb U.S. Obesity

Earlier this week the fitness industry's cause was validated once again with the release of report from the Bipartisan Policy Center (BPC), stating that obesity will eventually bankrupt the U.S., unless policies to address it are enacted. The BPC's report called on Congress to enact laws that encourage primary prevention. [Read more](#)and refer to my comments at the end of the article

A Simple & Concise Look Inside Your Body

What is the recognized definition for "Health?"

The World Health Organization's definition of Health is:

"Health is physical, mental and social well-being, not merely the absence of disease and infirmity."

What should our "Health Aim" be?

We should all be aiming to acquire a lifestyle that will protect us and lower the risk of being hit by preventable diseases.

In order to understand what this involves, it may help if you have some understanding and appreciation of how this risk can be minimized whilst receiving some insight in to the workings of your body.

What are some of the issues that occur if I carry too much Fat? [Read more](#).....

Corporate Health Awareness – Human Body Essentials

Strong, healthy men and women worked hard to build the good life in many countries over the past century, and now that good life works against us.

Is there another vital missing element to health & fitness besides lack of manual activity and exercise?

First and foremost is the understanding of how important it is to CHEW every mouthful of food extremely well. This first part of the [Digestive Process](#) is the key element in avoiding and / or remedying so many illnesses and ailments. As such it can act as a

strong safeguard against many diseases and ailments whilst developing greater energy levels in general.

In order to obtain the best, safest and quickest results from any activity or exercise program, [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.*

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

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