



## **WELLNESS, THE BEST INSURANCE**

### **An ounce of prevention is worth a pound of cure**

The best insurance against rising health care costs and ever-increasing insurance premiums is health itself. Staying fit and healthy reduces the need for medical care and doctor's visits. Some of the recent hot health topics include [weight loss](#), [anti-aging](#), and [stress reduction](#). Many studies have provided helpful information suggesting that maintaining health, or achieving a return to health can be easily accomplished by eating a healthy diet, regular daily exercise and supplementation.

#### **The Best Policy**

An ounce of prevention is worth a pound of cure. Of course, we have all heard it a million times, eat right and exercise. Numerous researchers recommend that adults should eat five to ten servings of fruits and vegetables daily. A diet rich in fruits and vegetables has innumerable health benefits. It is essential to provide the body with all the vitamins, minerals and phyto-rich nutrients found in vegetables and fruits. The body needs them to maintain health. The average American diet falls far short of the suggested daily fruit and vegetable intake, indicating the need for supplementation. While not a substitute for a healthy diet, taking a high quality [vitamin and mineral](#) supplement daily is an essential foundation for filling this shortfall and supporting healthy body function. Also, adding an essential fatty acid product, such as [EPA](#), provides additional support for healthy brain, heart and eye function. By supporting healthy body function there is less need for medical health care. Maintaining health is good insurance.

#### **A Return to Health**

Sometimes the need arises to provide additional support to the body. The body is regularly challenged by daily life. Stress, poor diet and lifestyle choices can wreck havoc on the body causing illness. Many health challenges can be helped or eliminated by lifestyle changes; such as losing weight, getting more rest and relaxation, improving the quality of sleep, increasing physical exercise, reducing coffee, alcohol and refined sugars, and of course eating right. However, at times additional supplementation is required. Besides taking a basic [vitamin and mineral](#) supplement, additional support may be indicated. Although, digestive issues may be helped greatly by adjusting the diet, [digestive enzymes](#) or a natural elimination support products may also prove to be helpful. Increasing relaxation and/or meditation is suggested as helpful for decreasing stress levels and improving [sleep](#) quality. The physical challenges of life can occasional result in injury requiring some [joint support](#). Many doctors and healthcare practitioners recommend a [detoxification](#) program every six months.

Following a few simple suggestions regarding healthy diet, regular exercise and taking supplements can go a long way in promoting health and wellness. This is truly the best insurance.