

Choosing to eat HEALTHY

by Michael Framberger

The fuel you put in your body is one of the best indicators of how healthy you will be.

A healthy body, fueled day after day with rich nutrients, does not suffer the same weaknesses or debilitating illnesses as a body that is forced to survive on inadequate nutrition for years at a time. Choosing the right foods can help you fight cancer, boost your immune system, reduce your cholesterol and give you vibrant health.

You can buy the best car in the world, but if you fill it up with corrosive, inadequate, low-octane fuel, it will run like a junker. Your body is even more precious. Its health is directly linked to your happiness, vitality and longevity. Every single time you put food in your mouth, you have the opportunity to improve your health. Start today—with the next piece of food you put in your mouth. It's time to make the right choices. Your life depends on it.

*“... food should be our
medicine and medicine
should be our food”*

— Hippocrates



Parts of this article were excerpted from the book *Get Happy, Get Healthy, Be Wealthy*, 2005, by Michael Framberger.

Putting Together a Healthy Meal

The key to a healthy meal is a combination of foods that provide a balance of nutrients. Be sure to include:

- Protein** Lean meats, eggs, fish, nuts, seeds, and beans are excellent choices. Protein is vital for rebuilding and maintaining your body tissues.
- Complex Carbohydrates** Whole grain bread, pasta, pitas, and crackers are complex carbs. Brown rice, quinoa, barley, couscous, corn, potatoes, sweet potatoes, and yams are great choices too. Carbs provide your body with a readily available source of energy. They also hold the key to converting food into fuel by providing the vitamins you need for that process.
- Fruits and Vegetables** Low in calories, these foods are rich in vitamins and minerals. For the vital dark, leafy greens choose Romaine lettuce, spinach, kale, collard greens, mustard greens, dandelion greens, watercress, arugula, baby greens, bok choy, and Swiss chard (red and yellow). Don't forget carrots, zucchini, sprouts, onions, leeks, radishes, tomatoes, bell peppers, and squash. Always pick fresh fruit over canned or frozen. And always choose fruit over juice, which contains little or no fiber and often raises your blood sugar too quickly.
- Good Fats** Fat is an essential part of our diet and is necessary for optimal health. Replace the bad fat (saturated fat) in your diet with fat from extra virgin olive oil, butter replacements, nuts, and low-fat dairy products.

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90% of employers say their #1 priority is to control healthcare costs.

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"I've read a great many books on healthy living over the years and I have to say that Michael Framberger's book is terrific. Not only is it a great read, Michael makes the subject matter very personal. The material is easy to follow, practical and gets straight to the point. Plus I love the quotes of famous people he has included along the way. This book is an incredible resource for living a healthy lifestyle. A must have."

— **Rodell Jackson**

Owner and Director, Health Dimensions, Carlsbad CA

THANK YOU!!!!... for writing *Get Happy Get Healthy Be Wealthy*. I see so much upbeat, inspiring, life-affirming, action and health oriented ideas, exercises, avenues for further growth and exploration and encouragement that I must send you heartfelt thanks for what it can do for me and anyone who would read it.

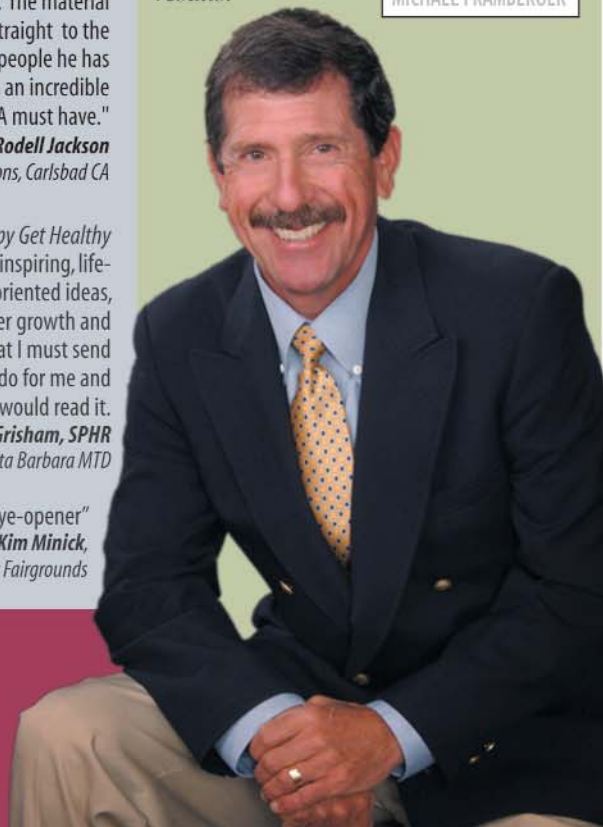
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Eat the Rainbow

Not only do the colors in fruits and vegetables reflect different vitamin and mineral content, but they also give you added protection. The rich colors protect the plants against sun damage and disease. They can do the same for you. Color your plate with a wide variety of colorful fruits and vegetables. Be sure to include a rainbow of color in your diet every day.

YELLOW-ORANGE Sweet potatoes and yams have much higher nutrition than white potatoes, while squash, carrots, and corn support good vision. Tropical fruits such as mango, papaya, and pineapple are very high in vitamin content.

RED Tomatoes, beets, red pepper, and cranberries all add essential vitamins.

GREEN Broccoli is a nutrition powerhouse, avocado adds essential fats, peas and beans add fiber, asparagus and cabbage add variety.

BLUE / PURPLE Blueberries, black berries, plums, prunes, and eggplant protect urinary tract health, memory function, and promote healthy aging,

Knowledge is power. The more you know about how to eat well, the more effectively you can guarantee your longevity and vibrant health. ■

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”

— Ancient Ayurvedic proverb

