

One Simple Change



Think “Farmacy” and not Pharmacy for Ultimate Health!

“The most powerful tool you have to change your health is your fork.

Food is not just calories or energy. Food contains information that talks to your genes, turning them on or off and affecting their function moment to moment”. Dr. Mark Hyman. (<http://drhyman.com/blog/category/articles/>)

Shifting from a nutrient-poor diet to a nutrient-rich diet abundant in plant foods such as fruits, vegetables, nuts, seeds, beans, and whole grains improves the expression of hundreds of genes that control insulin function and obesity. This way of eating has been shown to prevent and even reverse specific preventable diseases. It has broad-ranging benefits for our health, and beneficially affects our entire physiology, reducing inflammation, boosting detoxification, balancing hormones, and providing powerful antioxidant protection— all things that fix the underlying causes of disease.

So, try adding a colorful array of vegetables, fruits, nuts and whole grains (like quinoa and brown rice) to your diet. These foods have healing properties, and might just keep you away from the pharmacy for years to come!

For more information visit www.minuteman-nashoba.org/wellness